

Responding to Triggers/Trauma Responses

Validate	Validate the reaction – <i>“You aren’t crazy. Your emotions make sense. I’d probably feel that way too.”</i>
Own/ Empathize	Own your part in it – <i>“I’m so sorry that my behaviors have created this fear in you.”</i> or Empathize – <i>“I hate that you’re hurting.”</i>
Offer	State what you can offer to help make the situation less painful – <i>“Would you like to check my phone?”</i> or <i>“Let me go process that with my therapist and get back to you.”</i>
Ask	Ask if there’s anything else you can do – <i>“Is there anything else I can do right now to help?”</i>