

Warmth and structure

Offer Warmth and Clear Boundaries | Time together

"I can hear that you're upset. The limit still applies, and I can help with the next step."

Use these prompts for your own preparation. Leave out identifying details you do not need.

The feeling to acknowledge

Comfort or company to offer

The necessary boundary

Practical help

Care we can share

Prompts are starting points to adapt. This is not an assessment or a promise of a particular response.