



Forty Carrots
Family Center

Here Are Some “Calm Phrases” for Tough Moments

Keep this list somewhere visible - on the fridge, in your phone or by the front door. These phrases help you respond with consistency and compassion, even when your patience runs low.

Calm Phrases for Home Use:

“I see you’re upset. I’m here to help you calm down.”

“Let’s take a break together until your body feels safe again.”

“It’s okay to feel angry. It’s not okay to hurt people.”

“I love you, and I will help you feel safe.”

“You’re having a big feeling. Let’s breathe together.”

“I won’t let you hurt me or yourself. I’m keeping us safe.”

“Let’s find another way to show how you feel.”

“You can always tell me how you’re feeling. I want to understand.”

“Your feelings are okay. Your behavior can change.”

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