

Protective, Demanding & Supportive Statements

Here are examples of protective, demanding and supportive statements

Protective:

She can't handle stress. I need to go there with her.

Demanding:

She has to get over it and do what the other kids are doing.

Supportive:

I know it is hard, but she can handle the discomfort.

Protective:

You've always been a worrier.

Those things are always so hard.

I'll do it for you, I know it's too hard.

You poor thing.

That would be too hard for me too.

Don't push yourself.

We'll go with you so you don't have to worry.

Demanding:

Your brother can do it, why can't you?

How are you going to be able to function when you get older?

Just do it, you're fine.

It's no big deal, just do it.

Life doesn't revolve around you.

You are wasting our time.

Supportive:

I know it feels scary, but you can handle it.

I get that it's hard, but I believe in you.

I know that it's uncomfortable, but you can handle the discomfort.

I understand that this is very difficult for you, and we know you can get through it.