

cut them out – stick them where the hard moments happen

What to say, when you don't know what to say

Six real sentences from six real moments. Not magic. Just true.



when the wrong cup is a betrayal

"You really wanted the blue one."

Name the want. The fix can wait — being understood can't.

from "The Green Cup Was the Last Straw"



at the hard goodbye

"You don't want me to go. That's okay. I always come back."

Don't dodge the question her tears are asking. Answer it.

from "The Goodbye She Could Hold Onto"



when fear grips tight

"This water is so deep. It's loud. The wall feels safe."

Say her fear back to her calmly, and it shrinks a little.

from "One Hand on the Wall"



when something small breaks

"It broke, and that's sad."

Skip the replacement. To her, it's a loss — treat it like one.

from "It Was Never About the Cracker"



when she wants to do it herself

"That's yours. You decide when you're done with it."

Ownership is brand new. Respecting it costs you nothing.

from "She Smacked My Hand Away"



at the reunion that goes wrong

"I'm here." (then nothing. bag down, get low, wait.)

No grabbing, no quizzing. She comes to you on her own clock.

from "He Said 'Daddy's Home' — And She Hid"