

# WHAT TO SAY TO AN UNEMPLOYED PERSON

## DON'T SAY:

(Messages that deny a person's feelings may induce anger or resentment.)

Worrying won't help; so stop worrying.

Look at all the free time you have!

You have so many talents; you'll find a job soon.

Count your blessings.

It will all work out fine.

This can't last forever.

## CONSIDER SAYING:

(Messages that acknowledge a person's feelings and emotions make the suffering person feel heard, valued and loved.)

Worrying is normal.

Of course, you are upset, anxious, confused.

This must be a really difficult time. I really care about you; so if you want to tell me about it, I want to hear.

What worries you the most right now?