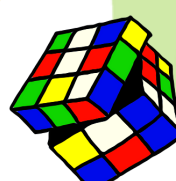

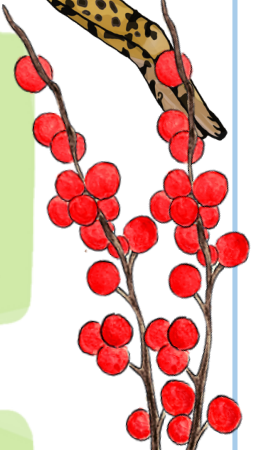
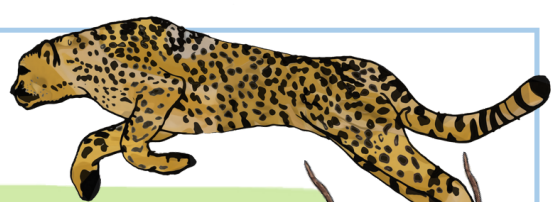



SIMPLE AND SAFE QUESTIONS TO HELP CHILDREN AND ADULTS TALK ABOUT UPSETTING THINGS



When there is something too upsetting to talk about we don't have to avoid it. We can stay with the upsetting thing by talking about and holding it safe in a different way. We can talk about the 'thing' without talking about the 'thing'.



"If it was a colour, what would it be?"



"If it was an animal, what would it be?"





"If it was a shape, what would it be?"




"Is it loud or quiet?"



"Is it familiar or new?"



"Is it large or small?"



By offering authentic and reflective curiosity whilst still not talking about the upsetting thing, you are able to create the opportunity for:

- Bringing the **focus back to the body** and **noticing** the experiences here
- The **'felt' intensity** of the upsetting thing being **lowered**
- An **experience of relational safety** whilst talking about the upsetting thing
- Talking about the upsetting thing in a **safe, curious, non-shaming** way

Like all tools this won't be helpful every time, as always, be led by what the other person can tolerate.