

No more "crazy" talk.

Rather than saying,

"I'm going crazy."

Instead say,

"I am feeling..."

"I need help."

"I need rest/a hug/some time to think."

"I don't know how I feel right now."

Consult the Feelings Wheel for help.

<https://feelingswheel.com/>

Rather than saying,

"These people are crazy."

Instead say,

"I wonder how they came to this conclusion."

"I wonder what experiences brought them to this conclusion."

"I wonder how I would feel if I had had similar experiences."

No more "crazy" talk. (for moms and more...)

Rather than saying,
"You're driving me crazy."

Instead say,

- "I need a few minutes alone."
- "I'd like some time to be quiet."
- "I feel frustrated when you interrupt me in front of the team."
- "I feel dismissed when you tell me to calm down."
- "I feel too distracted when you are making that much noise, so you need to be quieter or go make that noise outside."
- "I can't make dinner while you kids are arguing. You can go in another room, or I will, and dinner will be late."