

# Finding the Right Words to Say

## Supportive:

- “I’m so sorry that this is happening to you.”
- “I’m glad you told me. I’d like to help.”
- “The abuse isn’t your fault.”
- “I’ll keep what you said confidential.”
- “You deserve to be safe.”
- “You don’t have to deal with this alone. There are resources available for you.”

## Harmful

- “Are you a victim of domestic violence?”
- “What was your part in the fight?”
- “Why did you get involved with him?”
- “Why don’t you just leave him?”
- “You should really get a good attorney.”
- “Why didn’t you call the police?”

If you think you or someone you know may be in an abusive relationship, call our free and confidential 24/7 Help/Crisis Line at **1-773-583-HOPE (4673)**.