

Helpful Things a Partner can say

- We will get through this
- I am here for you
- Let me know if you need anything
- I am sorry you are suffering. That must feel awful
- I love you very much
- This is temporary
- You'll get back to yourself. As she recovers, point out how you see her old self-returning: such as smiling, more patience, or going out with her friends
- You are doing such a good job
- This isn't your fault. If I were ill, you wouldn't blame me

Unhelpful Statements

- Think about everything you have to feel happy about. (She already knows everything she has to feel happy about)
- Just relax. (This suggestion usually produces the opposite effect. She is not able to relax because of the anxiety that produces physiological reactions like increased heart rate, shakiness, visual changes, shortness of breath, and muscle tension. This is not something she can just will away)
- Snap out of it. (If she could, she would have already. A person cannot snap out of any illness)
- Just think positively. (The nature of this illness prevents positive thinking. Only negative, guilt-ridden interpretations of the world around are perceived)