

# SAPEC

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## SEXUAL ASSAULT PREVENTION AND EDUCATION CENTER

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The Sexual Assault Prevention and Education Center promotes social change and the elimination of sexual violence through prevention education, inclusive programming, and campus wide collaboration.

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Statement	Intent	Alternative
“At least...”	Help the person have perspective for the experience	“Sounds like this was a very difficult experience, is there a part of your life that it did not affect?”
“You are young, you will get over this”	Give them hope for the future and highlight resilience	“This will take time to heal from and that is normal.”
“You are being a touch dramatic”	Calm them down and give perspective	“I hear you saying that what happened to you feels very overwhelming and consuming right now, is that correct?”
“It’s not that bad”	Provide perspective and grounding	“Your experience is very real and the consequences are real. How is it affecting you on a day to day basis?”
“It will get better”	Give them hope for the future and highlight resilience	“Healing from this, unfortunately, is not about erasing it from your mind, even if you want to. Would you be open to focusing on creating a life where the trauma is not your defining quality?”
“If I were you...”	Offer guidance and problem solving	“There are many options in front of you, would you like to lay them out and weigh the pros and cons of each one?”
“Everything happens for a reason”	Help them feel more in control and future focus	“I’m so sorry that this trauma has been a part of your life. I’m here to listen and support your choices”
“This will make you stronger”	Encouraging their positive qualities and future focus	“You are a person of strength, even if you feel weak right now. Coming and sharing your story is a testament to

		your strength. Not everyone can do what you just did.”
“I understand how you feel”	Rapport building and sympathy	“I hear what you are saying, it sounds like you are hurting/angry/scared, is that correct?”
“This same thing happened to my...”	Rapport building and sympathy	“Trauma is something that is shared by many people, no matter what happened in my life I am here for you today.”
“I’m not blaming you, but...”	Reduce the impact of a future statement	“People make all kinds of choices every day. We don’t make those choices believing that they will lead to trauma. This was not your fault.”
“You need to just move on”	Building resilience and futuristic thinking	“Healing from this unfortunately is not about erasing it from your mind, even if you want to. Are you open to focusing on creating a life where the trauma is not your defining quality?”
“This too shall pass”	Hope and futuristic thinking	“This emotion that you are feeling right now is only temporary. You won’t be living in it every day forever. With that said, it may be your dominate feeling for a while, but you will feel other things, less and more but different as you heal.”
“What doesn’t kill us makes us stronger”	Focus on their positive qualities and their strength	“You are such a person of strength, even if you feel weak right now. Coming and sharing your story is a testament to your strength. Not

		everyone can do what you just did.”
“You just need to dig deep and push through till the end”	Focus on resilience and goal orientation	“I hear you saying that this trauma is taking over your life. Let’s look at other things in your life that are important to you and one by one prioritize them. You may not be able to care for everything you have in the past and that’s okay for right now. ”
“It could always be worse”	Perspective and resilience	“I hear you saying that what happened to you feels very overwhelming and consuming right now, is that correct?”
“You are so lucky that is was only...”	Perspective and resilience	“Sounds like this was a very difficult experience, is there a part of your life that it did not affect?”
“This is one of those life lesson moments”	Positive thinking and futuristic planning and problem solving	“I’m sorry this happened to you. No one should ever have to go through this. Would it be okay if we worked on developing your healing goals and how I can help support your journey? “
“I’m not the right person for you to share this with”	Redirect for the appropriate resources	“Thank you so much for sharing and trusting me. I want to make sure you get what you need at this time, would you be open to hearing about other resources?”