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## HELPFUL PHRASES TO SAY TO AN ANXIOUS CHILD

and 2 Phrases You Should Never Say

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### Phrases to Say:

"You are safe"

"What do you need"

"I love you"

"This will pass"

Offer compliments

### Phrases to Never Say:

"Calm down"

"You are fine"

<https://goodbyeanxietyhellojoy.com>