



Stop, Wait, Go

FACTSHEET

www.stopwaitgo.net.au

STEM STATEMENTS

Stem statements are an acknowledgement that a person is permitted to have their own feelings. They may not match yours but they are each individual's emotion.

Acknowledgement by others that we have a right to have that feeling right or wrong helps to take the sting out of the situation and a return to calm. You might need to use 5 stem statements. Leave a minute or two between each delivery.

- It seems you are pretty **upset** at the moment
- I think I might be feeling **frustrated** if that happened to me too
- Your **angry** face tells me that you are really unhappy right now
- I understand if that is making you feel **frustrated**
- Wow you are amazing to have so much control of your **anger** about that
- No wonder you are feeling so **peevied**
- Feeling **scared** in that situation seems perfectly natural to me
- Looks like you are pretty **excited** about that
- If you were feeling **humiliated** by that incident I would not be surprised
- I can only imagine how **mad** and **upset** you are about this
- I reckon you would be feeling pretty **excluded** by now
- That sort of **bully**ing behaviour would sure **get to** me too
- You sound like you're **over** it
- Would you be feeling very **proud** of yourself about that?

