

## Say It Another Way

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1. **"Is something up? You don't look like yourself."**
  - a. "Is something going on? You seem different today."
  - b. "What's going on? You seem a bit down today." (more direct)
  
2. **"Ok well I'm here if you need me."**
  - a. "Ok well anytime you want to talk, I'm here."
  - b. "I'm around anytime you want to talk about it."
  
3. **"You're not acting like yourself."**
  - a. "You're just not yourself today."
  
4. **"Is something going on?"**
  - a. "Is something up?"
  - b. "Is everything ok?"
  
5. **"Are you sure everything's ok?"**
  - a. "Are you sure you're ok?"
  - b. "Are you sure you're alright?"
  
6. **"If you ever want to talk, I'm here for you."**
  - a. "Anytime you need someone to talk with, I'm around."
  - b. "If you ever want someone to talk to, I'd be happy to listen."
  
7. **"If you just need some time right now, that's fine."**
  - a. "If you want some time to yourself right now, no problem."

