

What to Say (and Not Say)

to Support Someone Who Has Been Victimized



Say This

What do you need?

What can I do for you?

I'm sorry this happened.

What happened to you is not your fault.

I believe you.

Your case is important/unique.

Are you safe?

Do you have any concerns about your safety?

Who else have you spoken to?

Would you like a referral for further victim assistance?

Can I make any calls for you?

Do you need anything else?

If you do, you can contact me at _____.

Is now a good time to talk?

Is there a better time to talk?

You're not going crazy.

I can't imagine how difficult this is/was for you.

I'm going to try my best to help you.

I don't know, but I'll find out.

How are you doing?

Let's see if we can figure out your most important needs right now.

I'm glad you called.



Not That

I know how you feel.

You should forgive.

I understand what you're going through.

Time heals all wounds.

Why?

Why didn't you?

Why were you...?

It could be worse.

What you need is...

You're so lucky.

It's God's will (or any religious platitude).

Get over it.

Get on with your life.

Move on, put it behind you.

They aren't really bad people.

I can promise you that will happen for sure.

The poor defendant had a tough childhood.

If I were in your shoes...

You should have...

You're so strong.

At least you weren't hurt.

