

What To Say And Not Say To A Heartbroken Teenager?



What not to say

Don't be sad, you'll find someone better.

You are taking things way too seriously.

You are too young to be crying over one person.

Get back out there and start dating.

Life is too short to feel sad and cry.

What to say

I love you. Things are hard now, but I'm here to help you sail through.

Talk out if you want to. I'm all ears to you!

Take your time to grieve and heal. I'm just a ring away.

Sometimes good things fall apart so that better things can come together.

It hurts a lot because it's healing!

