


Start 
I HATE YOU.

I'm so furious I don't know what to say.

I feel humiliated.

YOU'RE MEAN.

I'm frustrated because you're stopping me from doing what I want.

I think you're winning & I'm losing. I feel competitive & threatened.

I'm too anxious or scared to do what you want.



Translation Guide for Moms

WHAT KIDS SAY

WHAT KIDS MEAN

Because upset kids don't know how to say it nicely.



I DON'T LOVE YOU ANY MORE.


YOU CAN'T MAKE ME.

I'm so frustrated, confused & unhappy that I don't know what to do or say.

It's difficult & I'm not sure I can do it.

I need you to love me whatever I do.

I don't see the point of it.

NO.

IT'S BORING.


I'm mad.

I noticed something unfamiliar about you today & I'm uncomfortable about that.

YOU'RE STUPID.

I'm not sure what you want & I'm too embarrassed to ask.

I'd rather not right now.
