

One Liner

The purpose of a one liner is to avoid getting triggered into a conflict. They are designed to be said with sadness (preferably) or indifference. After using the one liner you should disengage and walk away. Never add anger or sarcasms as it will make the one liner ineffective and likely will make the situation worse.

How might that work out?

Do you want to make this better or worse?

If you need help ask

Honey I love you too much to argue with you

You know what you need to do

Are you strong enough to...?

I'm sorry honey but it looks like you are not strong enough to be with the family right now...

I can see that you don't like yourself very much today

When you are strong enough you will be able to

Won't it be fun to find out?

Don't worry honey, I got things covered

That was creative

It looks like you could use some help

I'm sorry you feel that way

That's an interesting perspective

I'll get back to you on that

I can keep you safe no matter how scared you may feel

Are you trying to push me away right now?

I bet you can fix that

Feel free to do this as many times as you need to

Looks like you could use some practice with this

Here's an opportunity to

That's an interesting assumption

Thank you for noticing honey

Sure honey, I'd be happy to as soon as you

It feels like you want to be alone right now

You're a smart kid you can figure it out

No, thank you

Honey, you don't need to push me away right now just go and take space instead

Thanks for letting me know what you feel right now

That's not the decision that will give you the most power

I'll take that under advisement

Don't worry I think you're worth the wait

Sure Honey as soon as I feel closer to you

Examples of Incident Specific One Liners

Unsafe in the car:

I can't drive with so much noise (tension) in the car I'll be happy to drive when...

Siblings arguing:

Looks like you two have something to work out... Let me know when you're done

Arguing:

Honey I don't have the time to argue right now do you want to come and find you when I do...

General acting out:

I'm sorry honey you used up so much of my energy when you were..... I just don't have the energy left to....