

***INSTEAD OF
THIS***

How many times do I
have to explain this
to you?

.....

Why can't you
figure this out?

.....

Who doesn't
get it?

.....

Does
anybody still
not get it?

***TRY SAYING
THIS***

Let me try to
explain this a
different way

.....

What is making
this difficult?

.....

What questions do
people have?

.....

I am here to
help clarify if
anyone needs it

***INSTEAD OF
THIS***

Calm
down

You're
fine

You're
overreacting

Get it
together

***TRY SAYING
THIS***

What do
you need
right now?

How are
you feeling?

I can see this is
frustrating you.
How can I help?

Would a quick
break help?