## 25 THINGS TO SAY TO A LOVED ONE

## LEAVING THE CHURCH

- 1. I love you.
- 2. We can believe different things and still be close.
- 3. I trust you to do what is best for you.
- 4. I want you to be happy.
- 5. What can I do to support you right now?
- 6. I know you didn't make this decision lightly.
- 7. I respect your integrity and your strength.
- 8. You will always have a place here, no matter what.
- 9. I can't imagine how hard this has been for you.
- 10. Tell me more about your journey (and then really listen).
- 11. I'd love to read the Church essays so that we can talk more.
- 12. You have legitimate concerns.
- 13. The world needs more people like you. 14. If anyone asks me about your decision, I'll tell him or her to talk to you directly.

## Julie de Azevedo Hanks PhD, LCSW

15. Your relationship with the Church has nothing to do with our relationship. 16. My love for you is constant and unconditional.

17. Even though I believe in the church, I believe you when you say you don't know if it's true.

- 19. You are a good person.
- 20. I'm not worried about you.
- 22. Agency is an amazing gift.
- from, but I want to.
- 24. I don't know what to say.
- 25. I am here for you.

18. You're a good parent, son, daughter, etc. 21. We all have our own unique paths. 23. I don't understand where you're coming

DRJULIEHANKS.COM @DRJULIEHANKS