

# Dialog Dojo Practice Statements as of 2020-04-04

## From Participants - Emot. Bank Acct. Withdrawals

Hi, David! I bet you don't remember my name.

Doctor to patient - You are obviously overweight. What are you going to do to change that?

Friend to Friend - You are obviously overweight. What are you going to do to change that?

Spouse to Spouse - You are obviously overweight. What are you going to do to change that?

Parent to Child - You are obviously overweight. What are you going to do to change that?

Neighbor to neighbor - you know we are under water restrictions.

Boss to employee - You need to stop cussing.

Friend to friend - You need to stop cussing.

Spouse to Spouse - You need to stop cussing.

Teacher to parent - Your child needs a lot more practice before I'll let them have a role in the play.

## From the Internet Emot. Bank Acct. Deposits

Your outlook on life is amazing.

I really enjoyed hanging out and talking today.

Your smile is contagious.

It felt so good to stick that routine in front of the crowd.

I appreciated the way he said that to me.

Does she always bring that much good laughter to a room?

You look great today.

You have the best smile.

Your outlook on life is amazing.

You just light up the room

You have the best laugh.

I appreciate our friendship.

You inspire me.

You just made my day.

You make me float up like I'm on millions of bubbles (We got this one from one of our kids after he got a new coat.)

You have taught me so much.

I am a better person because of you.

I like the way you are.

You make me want to be a better person.

You look so young!

I hope you are proud of yourself, because I am!  
You are one of the bravest people I know.  
That color looks perfect on you.  
You are so trustworthy; I always believe what you say.  
Everything seems brighter when you are around.  
You really seem to know who you are. I admire that.  
You are the reason I am smiling today.  
You have a gift for making people comfortable.  
I enjoy spending time with you.  
I am really glad we met.  
I tell everyone how amazing you are.  
I'm grateful for you.  
Your words matter to me.  
I feel that way sometimes too.  
I'll always love you.  
I'll stop what I'm doing if you need me.  
It's okay to feel sad.  
I admire that.  
I love your creativity.  
Let's try it your way.  
You make me so happy.  
I love how you tell stories.  
I appreciate your honesty.  
You make my life better.

## From the Internet Poor Encouragement Attempts

Our family is better with you.  
You have so much to offer.  
Believe in yourself and your abilities.  
You are a good boy/girl.  
You are important to me.  
Always be truthful or face the consequences.  
The world needs good people; so, do your thing.  
You can do it!  
You are more fun than anyone or anything I know.  
You just light up the room.  
You are more fun than anyone or anything I know, including bubble wrap.  
You are the most perfect you there is.  
You are enough.  
You are one of the strongest people I know..  
You make a bigger impact than you realize.

You are always so helpful.  
Your inside is even more beautiful than your outside.  
You just glow.  
I love the way you bring out the best in people.  
Our family/school/community/church is better because you are part of it.  
You bring out the best in the rest of us.  
Nothing can stop you.  
You are an excellent friend.  
You are a great parent. You can tell just by looking at how thoughtful your kids are.  
You have the best sense of style.  
Even the things you don't like about yourself make you interesting.  
I know that you will always have my back, because that is the kind of person you are.  
You have the best ideas.  
You are a great example to others.  
I know that if you ever make a mistake, you fix it.  
You've got great leadership skills.  
You have amazing creative potential.  
You are stunning.  
You're a gift to everyone you meet.  
You are cared for and loved.  
I will always be here when you need me.  
You are important.  
You should be so proud of yourself.  
I know you will do great things.  
Follow your heart.  
The world needs you.  
Always be kind, no matter what.  
Always try hard.  
Don't give up.  
You are enough.  
You are beautiful inside and out.  
Always help those who need it.  
Everything good and positive comes back.  
You are doing so good!  
What you say matters.  
You can always try again.  
It's just a mistake, and that means you can learn from it.  
Be respectful.  
That is really brave!  
You are awesome!  
What you're feeling is normal.  
Give me a hug.  
Give me a kiss.

Being with you is fun!  
Tell me all about it.

## From the Internet - Emot. Bank Acct. Withdrawals

You always leave the toilet seat up.  
You never listen to me.  
You always forget to put a new bag in the trash container.  
I always give you what you want.  
My mother never loved me.  
You always have to have the last word.  
I never get any attention.  
You are always shouting and screaming at the children.  
You are never on time.  
I'm always cleaning up after you.  
I always go to your work parties; you never go to mine.  
You're just like your mother!  
You take things too personally.  
Do these pants make me look fat?  
You never think about what I want.  
I wish you would just calm down!  
Clearly you are unfit to lead.  
You make me so angry!  
You smell worse than a pig in a hot barn.  
You really should have told your boss to stick it up her nose.  
I told you you shouldn't have turned left back there.  
Yuck! Who left toothpaste spit in the sink?!  
You're not a guy. You wouldn't understand.  
You're not a girl. You wouldn't understand.  
Do you really need to buy that \$100 widget?  
Will you please stop and ask directions?!  
You never do your share of the dishes!  
Will you ever show up to a meeting on time?  
If you are late one more time, you are fired!  
That upset you? It wouldn't have bothered me.  
OK, I got it, you don't have to bring it up again.  
Don't blame me. Look in the mirror.  
This lasagna is good, but you should get my mom's recipe.  
We've always done it this way.  
That's not my job.  
Can I borrow some money?

Did you hear the latest about David?  
You people are always saying outrageous things.  
Woah. I didn't think YOU would get that promotion.  
He took the credit for my idea.  
Your kid doesn't seem like the brightest bulb in the pack.  
Maybe you should join a gym.  
When are you retiring anyway?  
Learning is so powerful. I wish you would practice it.  
Love everyone or this life sucks.  
Be mindful when it comes to your words. A string of some that don't mean much to you may stick with someone else for a lifetime.  
It's never too late to make a change.  
Tomorrow can always be better than today.  
Time goes fast, so use it well.  
Put your mind to good use.  
When an adult speaks, listen carefully.  
It's not too late to change your mind.  
Start what you finish.  
There's pride in giving your best shot.  
You don't always have to win.  
You can learn from everything, good or bad.  
Treat every other kid with respect.  
Stand up to bullying.  
Don't always follow the crowd.  
Put this money away for another time.  
Don't worry, be happy.  
Let your mind settle down.  
Think before you act.  
If you mess up, be honest about it.  
Good things come to people who work for it.  
When someone asks for help, give it.  
Give your best effort in everything you do.  
Money is not the most important thing.  
Pay attention to how you are acting.  
Be smart with your words.  
Never try to hurt someone on purpose.  
Be generous and thankful.  
Sleep is important for being happy.  
Believe in yourself, even when no one else does.  
Problems can be solved with the right effort.  
Hey, you want to look at the scar from my surgery?  
How much money do you make?  
Do you have a moment, this will only take a second?

That's not fair!  
You look terrible! Are you OK?  
Have you gained a little weight?  
You need to eat more, you're looking too thin.  
I see you have a fine crop of weeds in your yard.  
Your music is driving me nuts! Turn it down!  
We have covenants against that dog barking.  
It is so rude to use your leaf blower in the morning!  
Are you really going to paint your house that color?!  
Is that fence approved by the HOA?  
Where were you during the neighborhood clean up last Saturday?  
I think people who don't pick up their dog's poo should have their nose rubbed in it.  
Is what you said true, or was that just preacher talk?  
Could you come to my home and teach that to my spouse?  
I can't believe you let the restroom get that dirty!  
My cousin said I would like your preaching, It's alright, I guess.  
Someone told me to tell you that you need to wear a tie.  
Can I come by your office in the morning? I might need a couple hours of your time.  
Could I call you tonight after we get home from the movie? It might be 11:00 or so.  
Do you get paid by the word or by the hour?!  
Just because you are the instructor does not make you always right.  
I read about your child in the paper last night. I'm so sorry.  
Can you give me a few moments before class to make a few announcements?  
I know your getting ready to teach, but can I tell you something that's been bothering me?  
Now don't take this personally, but your breath stinks.  
We don't want those kind of people in our school.  
Don't forget who pays the bills around here.  
You talk too long, that's why people don't come.  
At my last church, I really liked the way we had parties.  
To a pastor - "It must be nice to only work one day a week."  
Do you have a real job, or is this all you do?  
I used to think you were the best boss in town.  
Are you aware of what your daughter posted on facebook?  
Believe me, you do not want to go there!  
You just got back from leading youth camp; so, how was your vacation?  
Well, preacher, you do this because you get paid. The rest of us are volunteers and do it for nothing. We have a life.  
This is our business. My grandfather started this business.  
I miss the close relationships we had when the church was small.  
I forgot to write your paycheck. Can I do it next week?  
Your hands are so soft. Have you ever done a day's work in your life?  
I don't care what the Bible says. I know what I believe.  
Your retired military; so, you have a pension. That's why we didn't give you a raise.

Would you tell the music director to sing some of the hymns I like.  
It's not me personally, but some folks in the office are complaining about the breakroom.  
Well, that's not how things work in the real world.  
I called you at home because I didn't want to bother you at the office.  
I'm thinking of quitting, but I haven't decided yet.  
Are you really going to eat that?!  
You're so young. There's still time.  
You ought to go out and get a second job.  
I'll take your advice on dating if you'll take my advice on marriage.  
I've got this guy/girl I'd like you to meet.  
That triple chin is shaping up nicely.  
I don't have the time or the crayons to explain this to you.  
(Said in response to "That's not fair")The fair is in August.  
I'm not calling you stupid, but I'm noticing some tendencies.  
I probably shouldn't say this, but have you noticed what Chuck is doing?  
Your anxiety is out of control right now.  
Your mom is the one who is responsible for these issues.  
Your sister is insane.  
You need to apologize right now!  
I thought you were on a diet?  
Your life is really a mess, and you need to pull yourself together.  
Are you really going to wear that?  
If you don't like your job, stop complaining and do something about it.  
Do you know how bad you embarrass me?  
You need to get over yourself.  
I could have told you that was going to happen.  
You really think that tire is going to fit on that rim?  
I told you so.  
You are always so distant.  
I know you like playing the piano, but the rest of us don't like you playing piano.  
You need to take down that horrible selfie you put on Instagram.  
It's time to retire that "retro" outfit.  
Please put on deodorant.  
You're a bad influence on Lucy.  
Lucy is a bad influence on you. I don't like her.  
Stop putting bandaids on your issues and deal with them.  
You need to spend more time in the sun.  
Those horizontal stripes make you look like a beached whale.  
You need to stop tanning. Your skin looks like a leather couch.  
You need to calm down!  
You need to invest in some anti-aging cream.  
Your highlights look like a squirrel peed on your head.  
You text like a grandma.

I really can't help you justify this behavior.  
Stop checking your phone!  
You're addicted to drama.  
You need to figure out what you actually want.  
Stop texting me every 8 seconds and get a hobby.  
Always say "Please" and "Thank you."  
Do something kind everyday.  
Pay attention when someone else is talking.  
There's something to learn in everything.  
Always try to be curious.  
Work towards solving problems.  
Words can inspire, and words can destroy. Choose yours well.  
Don't think too much.  
Go play!  
Have fun!  
Make a difference today.  
Reading is a powerful thing.  
It's okay to say no.  
I'll always try to understand.  
Tell me about your day.  
What are you learning in school?  
You look so nice today!  
Just be yourself.  
Don't be afraid.  
Time will pass and you'll feel better.  
Enjoy the moment.