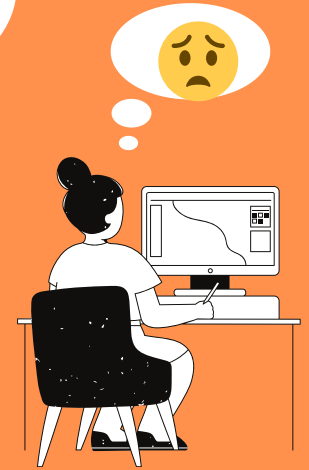


I hate wearing these stupid masks!
It is so frustrating!



I hear you, these masks are frustrating and can get in the way of things

You look sad about your Zoom classes



Feeling
+
Context/Story
=
Validation

I hate not getting to see everyone at school



Me too. Not getting to see everyone sucks.



It's alright to be angry about the assignment



Most people need to be heard even before finding a solution. Genuine validation often de-escalates the person and the situation.