What would you say?

Imagine someone who has been through a traumatic event says the following to you. How might you respond with empathy and validation?

"Nothing will ever feel okay again."

"I don't know how I'll ever move on."

"I just feel so sad."

"I really don't want to talk about it."

"I feel like it's all my fault."

"I'm fine."

"How will I recover from this?"

"I'm so angry that this happened."

"It wasn't that big of a deal. I'm okay."

"I'm scared it will happen again."

"Please leave me alone."