

WELLNESS TOOLS / HELPING SOMEONE

When Someone Says “I’m Fine”

A gentle second question can open the door without forcing the conversation.

3 MIN

Small enough to use today. Practical enough to use again.

Sometimes “fine” means fine. Sometimes it means “I do not know how to say this.” You can show concern without interrogating someone.

Ways to keep the door open

“Okay. I just wanted to check because you have not seemed quite like yourself.”

“You do not have to talk now, but I am here if you want to.”

“Would it help to take a walk, grab coffee, or just sit for a minute?”

“Is this a normal rough day, or is something bigger going on?”

“I am not trying to pry. I care about you and wanted to make sure you are okay.”

What helps most

Be specific, calm, patient, and willing to listen. If you are worried about suicide, ask directly rather than relying on hints.

Write it down

One follow-up question that sounds natural in my voice:

Want to go deeper? Community Wellness by ASAAP offers free mental wellness and coping education. CALM Conversations is offered in person only. Contact kerry@asaap-ne.org.