



Todoroki comforts you during a panic attack

The listener knocks on Todoroki's room door. He gets up and walks to the door, opening it

Mm.. Oh, hey. Was there something you needed- Ah.. Are you alright?

Here.. come inside.

Door closes

Hey... Shh.. here. Come here.. What's going on?

Here.. sit down with me okay? There we go. I'm going to grab you a blanket, so sit tight for me.

He walks over and grabs a blanket, then returns, draping it gently around them

There... Alright. Let's take some deep breaths for me, okay? In, and out... there you go. That's it.

Breathe with me okay? Can I hold your hands, would that be okay?

Alright.. There we go. I'm with you...

Hey... look at me. You're going to get through this, and you're going to be alright... I know that this is so scary.. But know that you're perfectly safe here with me, and this is going to pass.

You're so strong, you can get through this. Just breathe... breathe with me.

Take a soft breath in, then let it out

There... that's it. Nice and slow....

I know there's a lot of scary thoughts running through your mind right now, but I promise you.. You're going to be okay. I won't ever let anything bad happen to you.

You're completely safe here with me, okay? Hm...

Can I come a little closer? Is it okay if I hug you very gently? I won't constrict your movement or constrain you in any way, I promise you.

Alright... Come here.

he wraps his arms around them and the blanket, holding them close to his chest. There's some rustling sounds and then a gentle and very quiet heartbeat.

There.. I'm going to rub your back. Just focus on my gentle touches okay? Shhh...

Can you hear my heartbeat? Just breathe slow.. Close your eyes. Focus on me.. And only me. Don't let those scary thoughts overtake you...

That's it. You're doing so well.

Nice, deep breaths.

There you go.

Look at you.. You're so strong. You're overcoming this, just like I knew you would.

Remember to focus on the present. Where you are right now, how warm and safe you are all wrapped up in my big blanket, here in my arms.

No one can hurt you. You're going to be perfectly fine, I promise. Just listen to my voice.. Focus on my heartbeat, and the gentle little motions I'm tracing along your back.

That's it... Your breathing is perfect. Nice and slow.. Take a nice deep breath in, and let it out.

There you go.

You have so much support here, all of class 1A see you as their close friend. We all love and support you so much...

And.. And I love you and support you more than you could ever even know. I need you to know that you'll always have me, whenever you need me, I'll be right here.

I'm glad you came to my dorm... I'm so sorry you're going through this, but I'm so happy that I can do everything in my power to help you feel better. Knowing that you're happy and okay.. It makes me feel happy too.

I feel like my heart breaks when you're so scared and so sad... I want to always make sure you're okay. So please... Always come to me whenever you need help like this.

I'm here for you. I promise. I'll always be here.

I care about you so much...

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mm... You're doing amazing. That's it.. Your breathing is perfect now. Just keep focusing on nice, slow breaths for me, okay? There you go.

I promise, I'll stay here for you as long as you need. I'm not going anywhere until you're okay again.

Hm...

Here.. let me wipe away those tears.

There... Hey. Look at me. You did it. You're alright, you got through this. Those thoughts and those feelings are so scary... But you powered through them.

I need you to know how tough you are.. I'm so proud of you. You're amazing.

I know you've been very stressed lately.. But I want you to know that I see all of your hard work.

I know you're doing so much... and I want you to know that I'm so proud of you for pushing through all of your hardships to get to your goal.

Life throws some terrible things at you sometimes... Trust me.. I understand that all too well. Sometimes it feels like everything crashes down around you... like you can't find your way out of the darkness. Sometimes... it feels like that darkness wins.

But you can't let it win, because no matter what your mind might be telling you... You need to stay strong. Keep pushing past whatever life decides to throw at you. We've both been through a lot in this life... but look at us.

We're making it. We both have our own goals, and our own reasons for those goals... But we're both working hard, and making it through every hardship that gets in our way.

Gentle, happy hum / sigh

I guess...In a weird and twisted way... Hardships make us learn how to grow. We get stronger, and we learn how to deal with the pain in our own ways. Sometimes, we fall... but we get back up again, and keep moving forward.

Hm... You look exhausted. Would you like to stay the night here? You can if you like. I'd feel terrible if you were alone right now...

Hey, listen to me. Don't ever apologize to me for needing some help. Sometimes, we need a little help from others, because it gets too heavy to hold all on our own. I want to help you in any way I can.

I want to do what I can to lighten your load even a little bit. Even if.. It's not much, I'd do everything in my power to make sure you're feeling alright.

Hm...

Would you like to lay down now? You seem to be a bit more relaxed.

Yeah? Alright, let's get you into bed.

some shuffling noises as he walks them over to the bed, and they lay down

There. Comfortable?

Hm.. Good. I'm glad. I'm so glad you're feeling better now. May I lay down beside you?

Okay. Here, move over just a little, alright?

He gets in next to them

Hm.. I'm pretty tired after today. I trained quite hard... it's nice to be able to lay down. Especially with you...

Well... let's get some rest okay? You look very sleepy. Here.. come here.

Hm..

Just know that I really.. Care about you. I'm glad that you came to me tonight... and I'm happy that I could help even a little. Now, get some rest, okay?

Close your pretty eyes.. And let yourself drift off to sleep.

I'll be here for you when you wake up.

Goodnight~