

SAY THIS INSTEAD

SAY THIS *INSTEAD*

10 BETTER PHRASES *for* REAL CONVERSATIONS



DE-ESCALATE **CONFLICT**



BUILD **UNDERSTANDING**



STRENGTHEN **RELATIONSHIPS**



GAIN **RESPECT & TRUST**

COMMUNICATION • **CLARITY** • CONFIDENCE

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Say This Instead

10 Better Phrases for Real Conversations

Pick one line. Say it slowly. Say it with Respect.
If the moment is heated, start with the shortest version.

If the conversation is heated

Lower your voice. Slow down. Lead with "Help Me understand..,"

Quick Reset

Owl Mindset

Truth Lands
Better when it's
Delivered with
Calm.

Owl Script Starter

"Help me
understand..."

"What do you
need?"

"Can we reset?"

Join the Owls Nest

- Weekly scripts
- Ask The Owl threads
- Real conversations



De-Escalation

When you want to stop an argument fast

Instead of: *Calm Down*

Say this instead: *I am with you. Let's take 10 seconds and reset.*

Alignment

When you are attempted to accused

Instead of: *Do you always do this?*

Say this instead: *When this happens it affects me like this.*

Clarity

When you feel mis-understood

Instead of: *That's not what I said*

Say this instead: *Let me say it a clearer way.*

Clarity

When you need Clarity not conflict

Instead of: *What are you even talking about?*

Say this instead: *Help me understand what you meant, not what I assumed.*

Respect

When you want to stop an argument fast

Instead of: *Calm Down*

Say this instead: *When this happens it affects me like this*

Respect

When you need them to listen without getting defensive

Instead of: *You never listen to me.*

Say this instead: *I don't feel heard yet, can I try again?*

Support

When someone is emotional and you want to show support

Instead of: *It's not that serious*

Say this instead: *I hear you, it matters to you, so it matters to me.*

Clarity

When you want to ask "why" without sounding like an attack

Instead of: *Why did you do that?*

Say this instead: *What was your goal when you did that?*

Reset

When a pattern keeps repeating and you want a better outcome

Instead of: *Here we go again.*

Say this instead: *I want to handle this better this time, can we reset?*

Boundaries

When you need to pause instead of shutting the person down

Instead of: *Whatever*

Say this instead: *I'm overwhelmed, I need a minute, then I want to continue.*

The 3 Sentence Reset

Use this when a conversation is going off track.

Say it Like This:

I want peace more than I want to be right.
Help me understand your main point.
Here is what I need from you going forward.

Tone Reset

I want to keep talking,
just not in this tone.
Can we restart calmer
so we both get heard?

One Minute Practice

Pick one phrase from this
guide:

- Say it out loud twice.
- Use it once today.
- Notice what changes.

Quick Reminder

Being clear is not being rude.
Being kind is not being weak.
You can do both.



Next Steps

Use QR codes below to join the community and get help fast.

Join The Owl's Nest Community

Weekly prompts, scripts, and a place to practice clearer conversations with support.

www.boomerbing.com/Join-the-community



Ask The Owl

Get a script for your exact situation. Send one sentence: what happened and what result you want.

www.boomerbing.com/ask-the-owl



Clear words build safe conversations.

Keep it calm, keep it clear, keep it moving.

BoomerBing

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