



Finding the Words

A practical guide for beginning hard conversations when you do not know how to start.

Start here

- 1 Start with the truth: "I am having a hard time explaining this, but it matters to me."
- 2 State the need: "What I need most right now is for you to listen / help me plan / give me space."
- 3 Set a boundary: "I cannot make a decision today, but I can come back to this on ____."
- 4 Ask directly: "Can you stay with me while I figure out my next step?"

Keep close

- I am allowed to take my time.
- Clear is kinder than pretending I am okay.
- I can write it down or send a message if speaking feels too hard.

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