



FREE PRACTICAL TOOL

What Do I Say?

A conversation builder for hard moments when your thoughts are there but the words are not.

Start here

- 1 Begin: "I need to share something important, and I may not say it perfectly."
- 2 Name what is true: "What I am feeling / experiencing is ____."
- 3 Ask clearly: "What I need from you right now is ____."
- 4 Set a next step: "Can we revisit this on ____?"

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