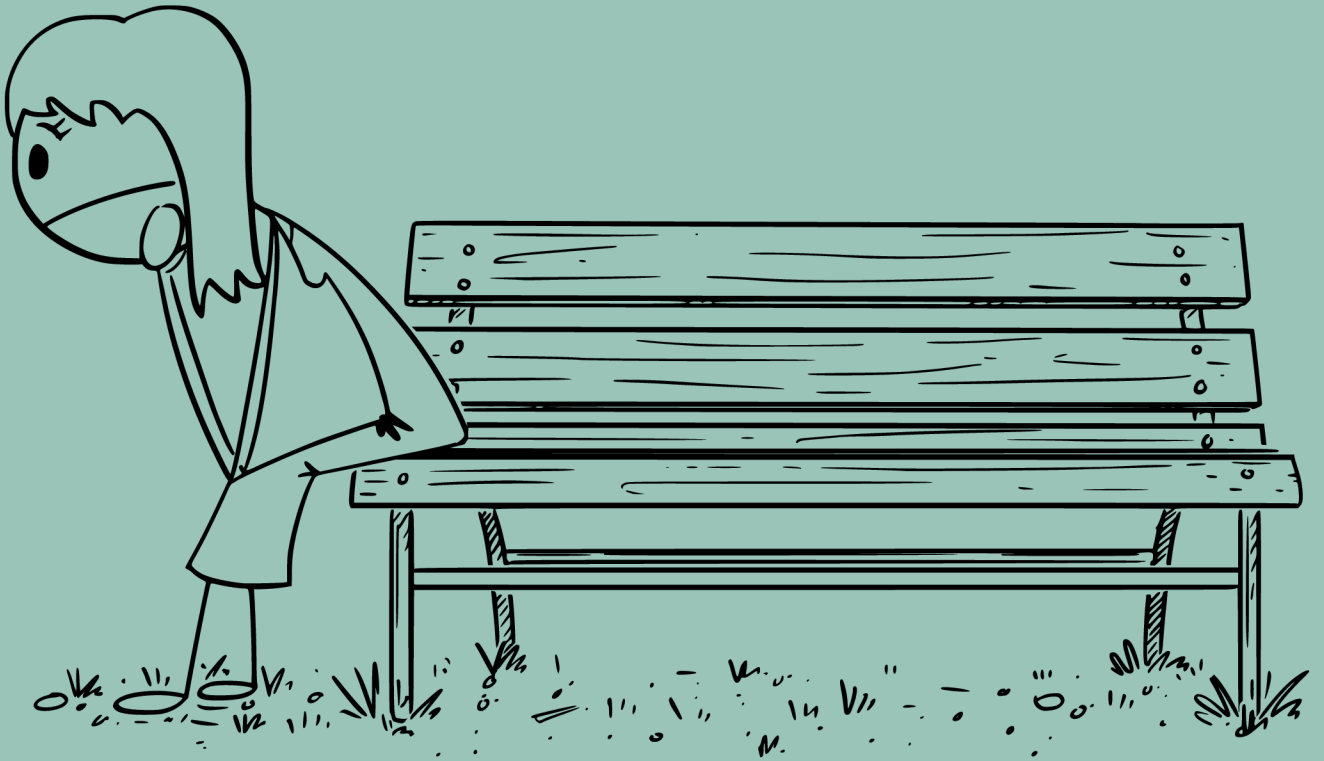


# Stay Quiet or Speak Up?™

When you feel overwhelmed, misunderstood, or  
on the verge of shutting down...



What do you actually do in that moment?

# Stay Quiet or Speak Up?™

## A low-capacity conflict decision tool for women with chronic illness

Conflict hits differently when your body is already running on 12% battery and spite.

You may want to communicate clearly.

You may know what you mean.

You may have read every post, saved every script, and rehearsed the calm version of yourself in the shower like a TED Talk with shampoo.

And then the moment happens.

Your brain goes blank.

Your chest tightens.

You cry.

You over-explain.

You apologize for having needs.

Or you say way too much because apparently your nervous system chose “legal deposition” today.

That does **not** mean you are broken.

It means your capacity dropped, and you need a structure that works when you are not at full capacity.

No drama. Just data.



Staying quiet is not always self-betrayal.  
Speaking up is not always strength.

The goal is not to say the most words.

The goal is to stay aligned with yourself.

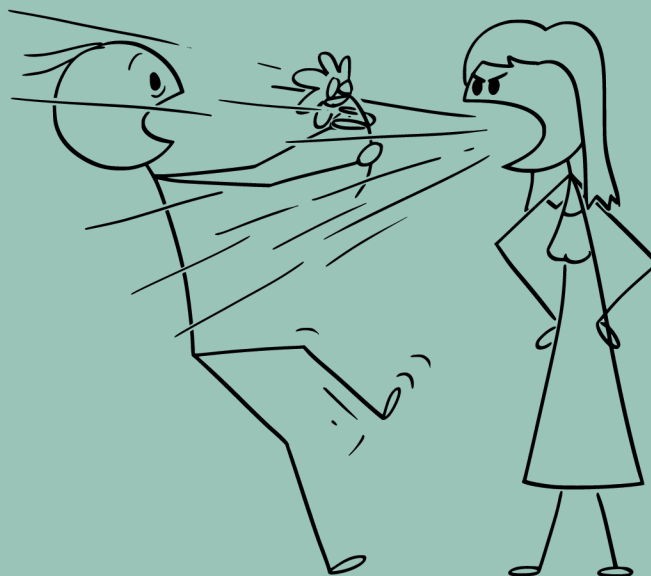
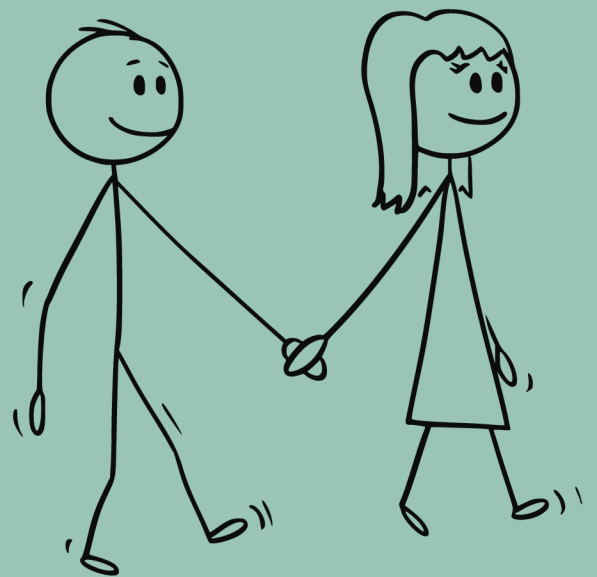
This tool helps you decide:

- Speak Up
- Slow It Down
- Step Back

Not based on what you “should” do.

Based on your actual capacity.

Imagine that. Revolutionary. 🙄



# Quick Check

Before you respond, pause and check:

## What is my capacity right now?

### A. Low Capacity

- Overwhelmed
- Foggy
- Emotional / tearful
- Starting to shut down

### B. Medium Capacity

- Tense
- Reactive
- Still somewhat present

### C. High Capacity

- Clear
- Grounded
- Able to think and respond

## What is my goal right now?

- Be understood
- Prevent escalation
- Buy time
- Hold a boundary

## What state am I in?

- Reactive
- Hurt
- Numb
- Clear
- Panicked



# What to Do?

## ● IF LOW CAPACITY ➤ STEP BACK

This is for when your body has left the meeting.

You are not failing.

You are not “bad at communication.”

You are at the point where more conversation may create more damage.

### Try saying:

- “I want to respond clearly, and I cannot do that right now.”
- “I need a minute before I keep talking.”
- “My symptoms are high, and I need to pause this conversation.”
- “I am not avoiding this. I am stepping back so I do not react from overwhelm.”

### Your goal:

Protect your alignment before you try to explain yourself.

Because explaining from shutdown usually turns into either silence, panic, or a 43-slide presentation titled **Why I Am Not Trying To Be Difficult.**

We are not doing that today.

# What to Do?

## ● IF MEDIUM CAPACITY ➤ SLOW IT DOWN

This is for when you are activated, but still somewhat present.

You may not need to leave the conversation completely.  
But you do need to reduce speed, pressure, and emotional noise.

### **Try saying:**

- “Can we slow this down for a second?”
- “I want to answer, but I need a moment to gather my thoughts.”
- “I am starting to feel overwhelmed, and I do not want to react.”
- “I can keep talking if we take this one piece at a time.”

### **Your goal:**

Stay in the conversation without abandoning yourself.

You are not being dramatic by asking for a slower pace.

You are creating the conditions required for your actual brain to participate. Very rude of people to expect access to it without accommodations, honestly.

# What to Do?

## ● IF HIGH CAPACITY » SPEAK UP

This is for when you feel clear enough to communicate directly.

Not perfectly.

Not poetically.

Not like a conflict-resolution influencer standing in front of beige curtains.

Clearly.

### **Try saying:**

- “What I need right now is...”
- “What I am trying to say is...”
- “I can do \_\_\_, but I cannot do \_\_\_.”
- “I understand this matters to you. I also need you to understand what my capacity is today.”
- “I am not able to keep explaining this, but my boundary is still the same.”

### **Your goal:**

Say the truth without over-explaining it into a puddle.

Clear is kind.

Clear is enough. Clear does not need a 900-word emotional appendix.

# Use the Decision Map

Ask yourself:

1. Am I able to think clearly right now?

- No » **Step Back**
- Somewhat » **Slow It Down**
- Yes » **Continue**

2. Am I trying to speak from clarity or panic?

- Panic » **Step Back or Slow It Down**
- Clarity » **Continue**

3. Do I know what I need?

- No » **Slow It Down**
- Yes » **Continue**

4. Can I say it without attacking myself or the other person?

- No » **Step Back**
- Maybe » **Slow It Down**
- Yes » **Speak Up**



# Pick One Sentence

You do not need the perfect script.

You need one sentence that keeps you from abandoning yourself.

Choose one:

## **When I need to step back:**

- “I want to keep this respectful, and I need to pause before I respond.”

## **When I need to slow it down:**

- “I can talk about this, but I need us to go slower.”

## **When I need to speak up:**

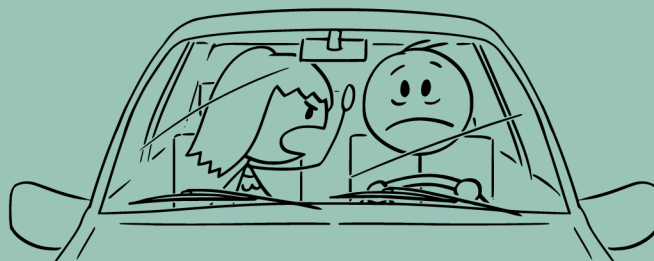
- “What I need right now is \_\_\_\_.”

## **When symptoms are affecting the conversation:**

- “My symptoms are high today, so I have less capacity for back-and-forth conversation.”

## **When I feel pressured to answer immediately:**

- “I am not ready to answer right this second. I need time to think.”



# After the Conversation

Use this reset instead of replaying the whole thing at 2:13 a.m. like your nervous system is hosting a director's commentary.

## **A: What actually happened?**

Write only the facts. Not the story. Not the shame spiral. Not “I ruined everything.” Just what happened.

## **B: What am I believing about it?**

Examples:

- “I was too much.”
- “They are mad at me.”
- “If I had said it differently, this would not have happened.”

## **C: What am I feeling?**

Examples:

- Scared
- Guilty
- Misunderstood
- Exhausted

## **D: What is a more grounded interpretation?**

Try:

- “My shutdown was a protective response, not a personality flaw.”
- “I needed more structure than I had in that moment.”

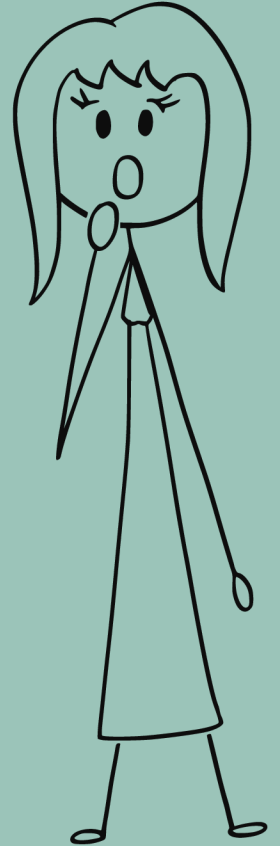
## **E: What do I do next?**

Choose one:

- Rest before responding again.
- Name a boundary.
- Ask to revisit the conversation later.

Yes, later.

The world may continue spinning. Annoying but true.



# Low-Capacity Action Step

The next time conflict starts, do not try to solve the whole relationship in one conversation.

Start with this:

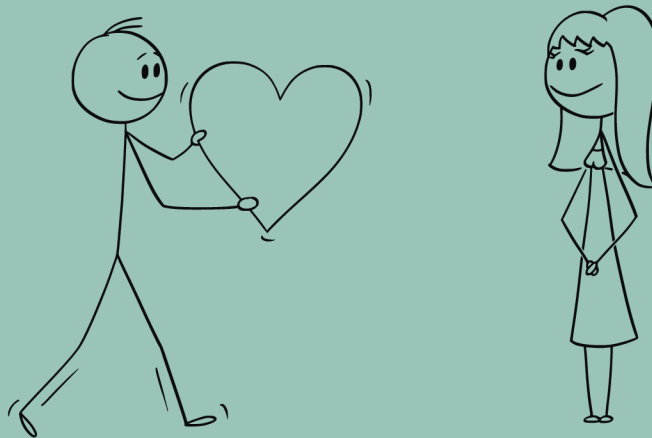
- “I need a minute before I keep talking.”

That counts.

That is not avoidance.

That is structure.

And structure is the whole point.



**If you're thinking:**

**"I know what I should do... but I still can't do it in the moment..."**

**You're not broken.**

**👉 You're operating without a structure that supports you under stress.**

**That's exactly what I teach inside:**

**The S.A.S.S. Method™**

**A 6-week identity and conflict retraining program for women with chronic illness who:**

- **Shut down in conflict**
- **Over-explain or get reactive**
- **Feel like a burden in relationships**

**Next Step:**

**👉 Join my free training:**

**Why You Still Shut Down or Get Reactive in Conflict (Even When You Know Better) [Registration Link](#)**

**OR**

**👉 [Book a S.A.S.S. Fit Call](#)**