

What You Want to Say Instead

Turn the sharp version of a sentence into one the other person can hear.

WHEN TO USE THIS

Use this before a conversation you know is coming, or after one that went badly.

Write the sharp version. The one that came out, or the one you are holding back.

The sharp version is usually true. It is the packaging that gets it thrown away unopened.

Now rewrite it. Say what you felt, what happened, and what you need.

I felt ___ when ___. What I need is ___.

Read it out loud twice. What sounded wrong or stiff? Change those words.

It has to sound like you, or you will not say it.

You are not softening what you mean. You are making it easier to hear.