

When You Go Quiet Mid-Argument

For the moment you shut down in a disagreement, and how to get back to talking.

WHEN TO USE THIS

Use this after a conversation where you froze, walked out, or stopped answering.

What was happening right before you went quiet?

What does it feel like when it happens?

- ☐ My mind goes blank
- ☐ I cannot find words
- ☐ I need to get out of the room
- ☐ I go cold
- ☐ I hear them but nothing lands
- ☐ I agree just to end it
- ☐ I go very still
- ☐ Everything sounds far away

What would you want to be able to say in that moment?

'I need ten minutes' counts.

Agree on a plan with them ahead of time.

WHAT I WILL DO

WHAT I NEED FROM THEM

Stepping out for ten minutes is fine, as long as you come back.