

Before You Say It Filter

A Clarity Tool for Better Communication

Step 1: What am I actually trying to say?
Identify the core message in one sentence.

Step 2: Why do I want to say this?
Check if it comes from fear, frustration, or genuine connection.

Step 3: Is this the right moment?
Consider timing, tone, and your partner's emotional availability.

Step 4: How can I say this gently and clearly?
Choose one simple sentence without extra charge.

Step 5: What outcome am I hoping for?
Speak from intention, not reaction.

Before You Say It: Better Ways to Start

Try one of these gentle openers:

- Can I share something with you in a calm way?
- I want to say this clearly and with care...
- Here's what I'm hoping we can talk about...
- This is important to me, and I want to say it well.

Starting Well Tips:

- Keep your tone soft
- Avoid absolute words
- Focus on one point at a time
- Speak with curiosity, not certainty

Before You Say It: Helpful Prompts

Use these questions to refine your message before speaking:

- Is this helpful or just urgent?
- Can I say this without blame?
- What emotion am I speaking from?
- What do I want my partner to feel while hearing this?
- What do I actually need?

Clarity Phrases:

- What I'm really trying to say is...
- I want to share this gently...
- I'm not upset with you; I just need to express something clearly.

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