

Say This Instead

Simple Phrase Swaps That Reduce Conflict

- Instead of: You never listen. Say: I don't feel heard right now.
- Instead of: You always do this. Say: This keeps coming up for me.
- Instead of: You don't care. Say: I'm feeling unimportant in this moment.

Say This Instead: More Helpful Swaps

- Instead of: That's not my problem. Say: I'm having trouble engaging with this right now.
- Instead of: You're overreacting. Say: I see this feels really intense for you.
- Instead of: Whatever. Say: I'm feeling overwhelmed and need a pause.

How to Use This Tool

- Choose one swap at a time.
- Speak slower than usual.
- Focus on expressing feelings, not blame.
- Let the words do less emotional damage.
- You don't need perfect communication - just safer communication.

Disclaimer

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