

Week 7 – Speaking From the Right Place

Using Words After You've Changed How You Stand

At the very beginning of this course, I said something clearly.

You cannot use communication techniques until you are ready.

Most people try to use words to reduce anxiety, fix distance, get reassurance, or change the other person.

That is why scripts usually fail.

They are spoken from fear.

If you have stayed with this course through the previous weeks, you are ready now

—

not because your marriage is solved,

but because you are steadier inside yourself.

That is the difference.

Let me be very direct.

These scripts are not miracles.

They will not save a marriage.

They will not guarantee closeness.

They will not prevent disappointment.

What they will do is help you not abandon yourself while speaking.

That matters more than outcome.

Here is the rule that governs everything in this week:

Words do not create safety.

The place you speak from does.

If you speak from panic, the script will not help.

If you speak from collapse, the script will not help.

If you speak hoping this will fix things, the script will not help.

When that happens, you do not need better words.

You need to return to the earlier work.

That is not failure.

That is maturity.

We are not organizing scripts by situation.

Not by conflict.

Not by distance.

Not by big talks.

We are organizing scripts by your inner state.

Because if you can name your internal position,

you will know which script fits — or whether none do.

CATEGORY 1 – When You Feel Anxious or Urgent

This is the state where people over-explain, rush conversations, and try to clear the air.

If this is your state, do not talk yet.

The script here is short and grounding.

“I’m feeling pressure to fix this right now.

I’m going to take some time and come back to this later.”

Say it once.

No explanation.

No reassurance fishing.

If this feels intolerable, return to:

Week 3 (Differentiation)

Week 4 (Panic is not failure)

CATEGORY 2 – When You Feel Guilty or Over-Responsible

This is where people apologize too quickly or take on more than is theirs.

Do not self-attack.

Do not over-own.

“I’m willing to look at my part in this.

I'm not willing to take responsibility for everything.”

Say it calmly.

Then stop.

If guilt floods afterward, return to:

Week 2 (Family systems)

Week 5 (Fantasy vs responsibility)

CATEGORY 3 – When You Feel Defensive or Justified

This is where people explain intent, argue facts, or prove they are right.

Stop defending.

Shift to ownership without collapse.

“I can see how this landed the way it did.

That wasn't my intention, and I'm willing to own my part.”

Do not argue impact.

Do not add paragraphs.

If your body is buzzing afterward, return to:

Week 3 (Staying yourself under pressure)

CATEGORY 4 – When You Feel Withdrawn or Shut Down

This is where people disappear or delay indefinitely.

Stay present without flooding.

“I’m not ready to talk about this yet,

but I’m not avoiding it either.

I’ll come back to it.”

Then actually come back.

If you feel tempted to vanish, return to:

Week 3 (Withdrawal vs steadiness)

CATEGORY 5 – When You Feel Clear and Grounded

This is the only state where longer scripts belong.

You feel calm.

You feel steady.

You are not attached to outcome.

“This is how I’m seeing things right now.

I’m open to hearing your perspective.”

Then listen.

Without managing.

Without correcting.

If hope creeps in, pause.

You will sometimes use the right words from the wrong place.

You will hear urgency underneath good language.

That is not failure.

That is information.

When that happens, do not try again immediately.

Go back to the earlier videos.

Re-ground.

Then speak later — or not at all.

This course is circular, not linear.

Let me end with this.

Scripts do not give you power over the relationship.

They give you authority over yourself.

You now know when to speak, when to wait,

and when silence is wiser.

That is not communication skill.

That is adulthood.

I have included links to download 40 basic scripts covering many of the challenging moments in a marriage.

You can download these, print them, just keep them on your computer or even just ignore them.

There is no extra assignment that follows this, because you have all you need to go forward.

Whatever you decide to do with what you've learned is entirely up to you.

It's all up to you.