

When You Are Afraid to Say What Might Change Everything

Use this when fear has kept you silent about something important.

The Script

There is something I have been afraid to say.

I am scared of what it might change between us.

I do not want fear to decide for me.

I want to speak honestly and stay connected.

Important Reminders

- Silence is also a choice
- Honesty creates clarity
- Courage opens possibility

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