

# HEALTHY COMMUNICATION SCRIPTS

10 Things to Say  
When It's Hard

**THAT**  
**L****VE**  
**COACH**

When emotions run high, it's easy to shut down, lash out, or over-explain. These scripts are here to help you stay honest **without being harsh** and stay connected **without abandoning yourself**.

Pick 1 script. Read it out loud. Adjust the words so it sounds like you. Then say it—calmly and clearly.

### **Naming the moment**

"When \_\_\_ happens, I feel \_\_\_\_. Can we try \_\_\_ instead?"

### **Slowing it down**

"I want to understand you—can we slow down for a minute so we don't hurt each other?"

### **Starting gently**

"I'm not here to fight. I'm here to figure it out with you."

### **Clarifying intent**

"I'm bringing this up because I care about us, not because I'm trying to blame you."

### **Asking for a better time**

"This matters to me. Can we talk tonight at \_\_\_ when we can both be present?"

### **Staying on one topic**

"I'm getting overwhelmed. Can we stick to one thing at a time?"

### **Requesting reassurance**

"What I need right now is \_\_\_ (reassurance / a hug / a calm tone / a plan). Can you do that with me?"

### **Owning your part**

"I can see how my \_\_\_ impacted you. I'm sorry. Next time I'll \_\_\_."

### **Boundary + care**

"I care about you, and I'm not okay with \_\_\_\_. If it continues, I'm going to \_\_\_ to take care of myself."

### **Repairing after**

"I don't like how that went. Can we reset? I want to try again with a softer tone."