

Quick-Reference Phrase Sheet

Use these simple, respectful phrases in the heat of the moment to stop arguments before they spiral. Keep this sheet handy for quick access when emotions rise.

To Pause Without Stonewalling

"I'm starting to feel overwhelmed. Can we pause for five minutes?"
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"This matters to me, I just need to clear my head before we continue."
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"I don't want to say something I'll regret. Let's take a short break."
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To Defuse Pressure

"Maybe so."

"I'll think about that."

"That's worth considering."

To Reframe with No-Questions

"Are you opposed to talking in a calmer tone right now?"
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"Would it be unreasonable if we came back to this after dinner?"
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"Are you against pausing until we've both cooled off?"
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To Repair After a Rupture

"That moment hit me hard. I want to try again more gently."

"Thanks for the space. I care more about us than being right."
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"I'm here now and I really want to hear you."
