

# SCRIPTS FOR HIGH-TENSION CONVERSATIONS

## FLIP THE SCRIPT: 5 WORD-FOR-WORD SCRIPTS TO STAY CALM, COOL, AND CONNECTED DURING TOUGH CONVERSATIONS

### 1. WHEN THINGS ARE GETTING HEATED

"I CAN FEEL THIS IS GETTING TENSE, AND I DON'T WANT TO SAY SOMETHING I'LL REGRET. LET'S TAKE FIVE MINUTES AND COME BACK TO THIS SO WE CAN BOTH THINK CLEARLY."

WHY IT WORKS: YOU'RE NOT WALKING AWAY; YOU ARE CREATING A PAUSE THAT RESETS BOTH NERVOUS SYSTEMS.

### 2. WHEN YOU FEEL ATTACKED

"I'M HEARING THAT YOU'RE UPSET. I WANT TO UNDERSTAND WHAT'S BOTHERING YOU, BUT IT'S HARD TO DO THAT WHEN I FEEL ATTACKED. CAN WE SLOW DOWN A BIT SO I CAN LISTEN BETTER?"

WHY IT WORKS: IT LOWERS DEFENSIVENESS AND REFRAMES THE GOAL OF UNDERSTANDING, NOT ARGUING.

### 3. WHEN YOU'VE MESSED UP

"YOU'RE RIGHT, I DROPPED THE BALL ON THAT. I UNDERSTAND WHY YOU'RE FRUSTRATED. I WANT TO MAKE IT RIGHT, AND I'M OPEN TO HEARING WHAT WOULD HELP."

WHY IT WORKS: ACCOUNTABILITY BUILDS TRUST FASTER THAN EXCUSES.

### 4. WHEN SHE SHUTS DOWN

"I CAN TELL YOU DON'T FEEL LIKE TALKING RIGHT NOW, AND THAT'S OKAY. I JUST WANT YOU TO KNOW I'M HERE WHEN YOU'RE READY. I'M NOT GOING ANYWHERE."

WHY IT WORKS: IT CREATES SAFETY WITHOUT PRESSURE AND INVITES RE-ENGAGEMENT LATER.

### 5. WHEN IT'S TIME TO RECONNECT AFTER A FIGHT

"THAT ARGUMENT DIDN'T GO HOW EITHER OF US WANTED. I LOVE YOU, AND I WANT US TO DO BETTER NEXT TIME. CAN WE TALK ABOUT WHAT WE BOTH NEEDED IN THAT MOMENT?"

WHY IT WORKS: IT REPLACES BLAME WITH TEAMWORK AND SHOWS EMOTIONAL MATURITY.

**CONFLICT IS NOT WHAT BREAKS RELATIONSHIPS; IT IS THE DISCONNECTION THAT FOLLOWS IF NOTHING IS RESOLVED.**

USE THESE SCRIPTS AS CONVERSATION STARTERS, NOT SCRIPTS TO READ WORD-FOR-WORD.  
ADAPT THEM TO YOUR VOICE, STAY CALM, AND FOCUS ON UNDERSTANDING BEFORE FIXING.

IF YOU WANT PERSONALIZED COACHING ON HANDLING HIGH-TENSION CONVERSATIONS AND  
REBUILDING TRUST, LEARN MORE AT:

 [WWW.YOURFAMILYHARMONY.COM](http://WWW.YOURFAMILYHARMONY.COM)