10 Communication Scripts Checklist

A script is a bridge, not a replacement for the real conversation.

- [ ] “I want to keep talking, but I need five minutes first.”
- [ ] “I need to move for a second, then I can come back to this.”
- [ ] “Can you say that one more time, slower? I lost the last part.”
- [ ] “This isn't me shutting you out. It's my brain buffering.”
- [ ] “I'm not ignoring you. I'm still finding the words.”
- [ ] “I don't have the right words yet, but I'm not walking away.”
- [ ] “I haven't stopped caring. I just went quiet, it got loud in my head.”
- [ ] “I think I misread that. What did you actually mean?”
- [ ] “Can we put this in writing? I keep it straighter that way.”
- [ ] “I'm sorry for the part I got wrong. Can we try that again?”