

THINGS TO SAY
to support health relationship dynamics

Things to Say to Stop
Arguments

- No kidding!
- Really!
- You might be right.
- That's interesting
- Wow, I had no idea
- I never thought of it that way
- Thank you for telling me
- I will think about what you've said
- I love you and will trust that you will do what's best for you right now

Things to Say to Create
Space to Make a Decision

- It's a possibility. Let me get back to you.
- I'll see if I can juggle some things and will let you know for sure later.
- Now is not a great time, could I take a rain check?
- I need to look into a few things first, when do you need to know by?
- I'm not sure, can I get back to you on it?

Things to Say When You Just
Can't Right Now

- This is so painful for me, I need to stop you. Let's talk about something else for now.
- This is about all I can handle right now. Let's talk more later.
- My brain is on overload; I need time to think about this. Let me get back to you later.