



Do I Need to Say Something?

Use this reflection checklist when something is bothering you and you are not sure whether to bring it up, let it go, or set a boundary. It helps you sort the situation before you send the text, start the conversation, or stay quiet for the wrong reason.

10 QUESTIONS BEFORE YOU BRING IT UP

- 1 Is this still bothering me after I have had time to calm down?
- 2 Did this hurt, confuse, pressure, embarrass, or disrespect me?
- 3 Is this a one-time awkward moment, or has it happened before?
- 4 Am I staying quiet because it truly does not matter, or because I am afraid of the reaction?
- 5 What would happen if nothing changed?
- 6 Is there a boundary, expectation, or need that the other person may not understand?
- 7 Is this person likely to listen if I speak clearly and calmly?
- 8 Do I need connection, clarity, or protection?
- 9 What is the smallest honest thing I could say?
- 10 After answering these questions, do I need to say something?

MY ANSWER AFTER REFLECTING

- | | |
|---|--|
| <input type="checkbox"/> I need to say something. | <input type="checkbox"/> I need to set a boundary. |
| <input type="checkbox"/> I need to wait until I am calmer. | <input type="checkbox"/> I can let this one go. |
| <input type="checkbox"/> I do not need a conversation, but I need to act differently next time. | |

THE SMALLEST HONEST SENTENCE I CAN SAY

“Peace is not always staying quiet. Sometimes peace starts with saying the true thing calmly.”

Realized you do need to say something?

Find scripts and confidence guides for awkward real-life moments from Better Words Studio.