



30 Magic Back-Pocket Phrases

To Help You Say What You Mean

“It looks to me like _____ is keeping you from having the impact you want.”

“I have noticed you doing _____. Can you help me understand what that is about?”

“I know you want me to be excited about that offer but what I really want is _____.”

“I can see you would have done something else in my shoes. That’s another approach.”

“I care about _____. That’s why I’m bringing this up.”

“I’d rather not talk about it. How about we talk about _____ instead” *(this lasts part is really important so that you’re not ending the conversation but changing it).*

“I’m glad you brought that up and would like to talk about it at _____ time.”

“I’m flattered by your offer but I’m not up for that right now.”

“That’s not really my thing.”

“_____ doesn’t resonate with me.”

“I’ve done that a million times before. Let’s give someone else a chance.”

“I make it a practice not to talk about other people’s business.”

“I don’t give that information out.”

BUT WAIT, THERE’S MORE →→→→

“What you’re doing feels _____ to me and I don’t like it.”

“Why don’t you give it a shot and then come back to me with specific questions.”

“If the situation were _____, I could potentially support it but not under these circumstances.”

“Thank you for being honest with me. I’d like to do the same for you.”

“I feel _____ when _____ happens.”

“We have talked about _____ a number of times. It is becoming a pattern that I’d like to talk about.”

“We have talked about the pattern of _____ a number of times. I believe it is starting to impact our relationship.”

“No, I’m just not comfortable with that.”

“I appreciated _____. ” *(assertive statements can also reinforce things we like)*

“I feel offended by your remark.”

“Thank you for your advice. I will consider this carefully and let you know what I decide.”

“I understand where you’re coming from, but _____.”

“That doesn’t work for me but _____ would.”

“I need to focus on something else right now.”

“I need you to hear me out.”

“I make it a policy to _____ (or not to _____).”

“No.” *(yep, that’s a complete sentence).*