LOVE ADVICE FOR WOMEN



What to Say

The Script Pack: 16 scripts for the hardest conversations

SCRIPT PACK

@loveadviceforwomen

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Before You Use These

You know what you want to say. It is finding the words, calmly, in the moment, that is hard. These scripts give you a starting point so you can speak up clearly and kindly, without over-explaining or apologizing.

How to use the scripts

- Read the one you need before the conversation. Say it out loud once.
- Change the words so they sound like you. These are a starting point, not a script to recite.
- Each one has a follow-up or two, for the most common replies.
- Save the ones you need most. The right words make all the difference.

The Golden Rules

1. Be calm, clear and short. Long explanations invite debate.
2. Speak about your feelings and needs, not about his character.
3. Make a specific request. Vague complaints get vague results.
4. Then watch what he does, not just what he says.

Safety first. These scripts are for ordinary relationship conversations. If you ever feel afraid or unsafe with someone, you do not owe them a conversation. Reach out to someone you trust or a local support service.

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1. Ending a situationship clearly

When: *You want clarity and he cannot or will not give it.*

> **Say this:** "I need something with more clarity than this can offer. I am going to step back."

If he says...	You can say...
He says he does not want to lose you.	"I appreciate that. I need more than not losing me. I need someone who is sure."
He goes quiet.	"I understand. I wish you well."

Remember: *You do not owe a long explanation. One clear sentence is enough.*

2. When someone dismisses your feelings

When: *He says you are overreacting or being too sensitive.*

> **Say this:** "I hear that you see it differently, but my feelings are still valid to me."

If he says...	You can say...
He says "I did not mean it like that."	"I believe you did not intend it. It still landed that way, and I would like you to hear that."
He keeps arguing the point.	"I am not asking you to agree. I am asking you to respect how I feel."

Remember: *You can disagree about intent and still ask for care.*

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3. Asking "what are we?"

When: *It has been weeks or months and nobody has said it out loud.*

> **Say this:** "I am really enjoying this, and I want to be honest about what I am looking for. Where do you see this going?"

If he says...	You can say...
He is unsure.	"That is okay. Roughly when do you think you will know?"
He deflects.	"I need a clearer answer than that. Can we talk about it properly this week?"

Remember: *Ask once, clearly. Then believe the answer his actions give.*

4. When he cancels last minute

When: *It has happened more than once.*

> **Say this:** "I understand things come up, but this is the third time. I need someone who is reliable with plans. What is going on?"

If he says...	You can say...
He apologizes and offers to reschedule.	"Thanks. Please only suggest a time if you are sure you can keep it."
He gets defensive.	"I am not attacking you. I am telling you what I need."

Remember: *A pattern deserves a conversation. One-off, let it go.*

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5. When he texts after going quiet

When: *He disappeared for days or weeks and is suddenly back.*

> **Say this:** "Hey. I noticed the silence. I am not interested in going back and forth. If you want to talk, let us talk honestly about what happened."

If he says...	You can say...
He says he was busy.	"Busy people still send a message. I need consistency."
He apologizes sincerely.	"Thank you. What is different now?"

Remember: *You never have to reply. Choosing not to answer is also an answer.*

6. Setting a boundary around pace

When: *He is moving faster than you are comfortable with.*

> **Say this:** "I really like you, and I need to take this at my own pace. If that is not something you can respect, tell me."

If he says...	You can say...
He says he is just excited.	"I appreciate that. I still need the pace to be mine to set."
He pushes.	"That is not okay. I said no and I meant it."

Remember: *A person who respects you does not need convincing.*

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7. Saying no without over-explaining

When: *You are being asked for something you do not want to do.*

> **Say this:** "Thanks for asking, but that does not work for me."

If he says...	You can say...
He asks why.	"I would just rather not. I am not going to change my mind."
He sulks.	"I hope you can respect my answer."

Remember: *"No" is a complete sentence. You do not have to defend it.*

8. When you feel like the only one trying

When: *You are carrying the planning and the effort.*

> **Say this:** "I have noticed I am doing most of the planning and reaching out. I would like us to share that more evenly."

If he says...	You can say...
He says he did not realize.	"Thank you. Can you take the lead on planning next weekend?"
He says you are too demanding.	"Asking for effort is not demanding. It is what I need in a relationship."

Remember: *Make one specific request rather than a general complaint.*

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9. After an argument

When: *Emotions have cooled and you want to reconnect.*

> **Say this:** "I do not want us to leave that unresolved. Can we talk about it calmly? I want to understand your side and share mine."

If he says...	You can say...
He is still upset.	"That is okay. Let me know when you are ready."
He apologizes.	"Thank you. I am sorry for my part too."

Remember: *Aim to solve the problem, not win the argument.*

10. When he mentions his ex a lot

When: *It is starting to feel like you are being compared.*

> **Say this:** "I have noticed you bring up your ex often. I am not asking you to hide your past, but I want to understand where you are with it."

If he says...	You can say...
He says it is nothing.	"Then I would love for us to focus on what we are building."
He is still hurting.	"Thank you for being honest. I need to think about what that means for me."

Remember: *Being honest about readiness is not an attack.*

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11. Talking about money

When: *You need to know how he thinks about finances.*

> **Say this:** "I think money is something we should be able to talk about openly. How do you think about saving, spending and debt?"

If he says...	You can say...
He avoids the question.	"It is important to me. Can we come back to it soon?"
He shares honestly.	"Thank you for trusting me with that. Here is how I think about it."

Remember: *How he reacts to the question is information in itself.*

12. When he teases you in a way that hurts

When: *It is framed as a joke but it stings.*

> **Say this:** "I know you meant that as a joke, but it did not feel funny to me. Please do not joke about that."

If he says...	You can say...
He says you cannot take a joke.	"I can take a joke. I am telling you this one hurts."
He apologizes.	"Thank you. That means a lot."

Remember: *Humor should never come at the cost of your dignity.*

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13. Asking for reassurance without pressure

When: *You feel insecure and want to say so kindly.*

> **Say this:** "I am feeling a bit anxious and I would love a little reassurance. It is not that anything is wrong. I just would like to hear from you."

If he says...	You can say...
He reassures you.	"Thank you. That helps."
He gets frustrated.	"I am not trying to be needy. I am telling you honestly how I feel."

Remember: *Naming a need calmly is a strength, not a weakness.*

14. Introducing him to your friends or family

When: *You want to move to the next step and see how he responds.*

> **Say this:** "I would love for you to meet some of the people who matter to me. How do you feel about that?"

If he says...	You can say...
He is hesitant.	"That is okay. Help me understand what is making you hesitant."
He is excited.	"Great. Let us pick a low-key setting."

Remember: *A person who is serious usually wants to be part of your life.*

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15. Walking away with dignity

When: *You have decided to end it.*

> **Say this:** "I have thought about this carefully. I care about you, and this is not working for me. I am ending it, and I would appreciate that you respect that."

If he says...	You can say...
He argues or bargains.	"My decision is made. I am not going to debate it."
He asks to stay friends.	"I need space. I will let you know if that changes."

Remember: *You are allowed to leave without a long conversation or his agreement.*

16. Telling him what you need after a hard day

When: *You want support but not solutions.*

> **Say this:** "I have had a rough day. I do not need advice right now. I just need you to listen."

If he says...	You can say...
He tries to fix it.	"I know you want to help. Right now, listening is the help I need."
He listens.	"Thank you. That is exactly what I needed."

Remember: *People cannot read your mind. Tell them how to support you.*

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Write Your Own

Use this space for the conversation that is not on the list.

The situation

What I want to say, in one calm sentence

What I need from him

If he responds badly, I will say

Share this with a friend who needs the words, and follow @loveadviceforwomen for more.

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