

SCRIPTS FOR LOVING DIFFICULT PEOPLE

*What to Say When you Don't Know
What to Say*



**20 Scripts for Responding in
Difficult Conversations**

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Hey there,

Ever left a conversation thinking, “Ugh, I should’ve said that instead”?

Whether you're dealing with passive-aggressive relatives, overly critical coworkers, or emotionally reactive friends or spouses, finding the right words can feel like walking a tightrope.

That’s why I’ve created this script pack—to give you real language for real moments, rooted in love and clarity.

How to Use This Script Pack

- Find the situation that matches what you're facing.
- Read the script and imagine how you’d say it in your own tone.
- Practice or adapt it to suit your relationship style.
- Watch how it transforms the moment, maintains the bond or at least protects your peace.

**“Keep thy heart with all diligence; for out of it are the issues of life.”
Proverbs 4:23**

20 SCRIPTS

1. When Someone Is Always Negative:

"I really want to support you, but I notice I leave our talks feeling drained. Can we shift gears a bit?"

2. When They Cross a Boundary (Again):

"We've talked about this before, and I want to be clear again—this isn't okay with me."

3. When You Need Space Without Guilt:

"I care about you, and I need some time to process before I respond."

4. When They Keep Criticizing You:

"I'm open to feedback when it's kind and helpful. Right now, this feels more like criticism than care."

5. When a Conversation Is Going Nowhere:

"Let's pause here. I don't think we're hearing each other anymore."

6. . When You Want to End a Toxic Pattern:

"I want something better for both of us than this cycle we keep repeating."

7. When You're Being Gaslit:

"I remember it differently, and my memory matters too."

8. When They Guilt-Trip You:

"I make decisions based on what's healthy for me, not just what makes others happy."

9. When You Want to Set a New Tone:

"I'm working on healthier ways to relate. I'd love if we could try that together."

10. When You're Ready to Walk Away (for now or for good):

"This isn't working for me anymore. I'm choosing peace over patterns."

11. When someone is venting and you're overwhelmed:

"I really want to be here for you, but I need a moment to gather my thoughts so I can listen well."

12. When a conversation turns manipulative or guilt-trippy:

"I care about our relationship, but I don't feel peace about continuing this conversation under pressure."

13. When you're being pulled into drama:

"I'm trying to guard my peace right now, so I won't be able to engage in this the way I used to."

14. When you need to exit a conversation respectfully:

"This feels like a good place to pause. Can we continue this when we're both feeling calmer?"

15. When you're being criticized unfairly:

"I'm open to feedback, but I'd appreciate it being shared with kindness and clarity."

16. When someone is constantly negative:

"I've been working on focusing on what's good and hopeful — can we try that together?"

17. When you're emotionally triggered but want to stay Christlike:

"I'm feeling something come up for me, and I want to take a moment to respond with grace."

18. When you're being emotionally dismissed:

"My feelings may not make sense to you, but they're real to me. I'd like space to process them."

19. When someone keeps overstepping your boundaries:

"I've shared my limits with love — and I'll need to stand by them for my peace and well-being."

20. When you want to express truth in love:

"This isn't easy for me to say, but I believe truth spoken with love can lead to healing. May I share honestly?"

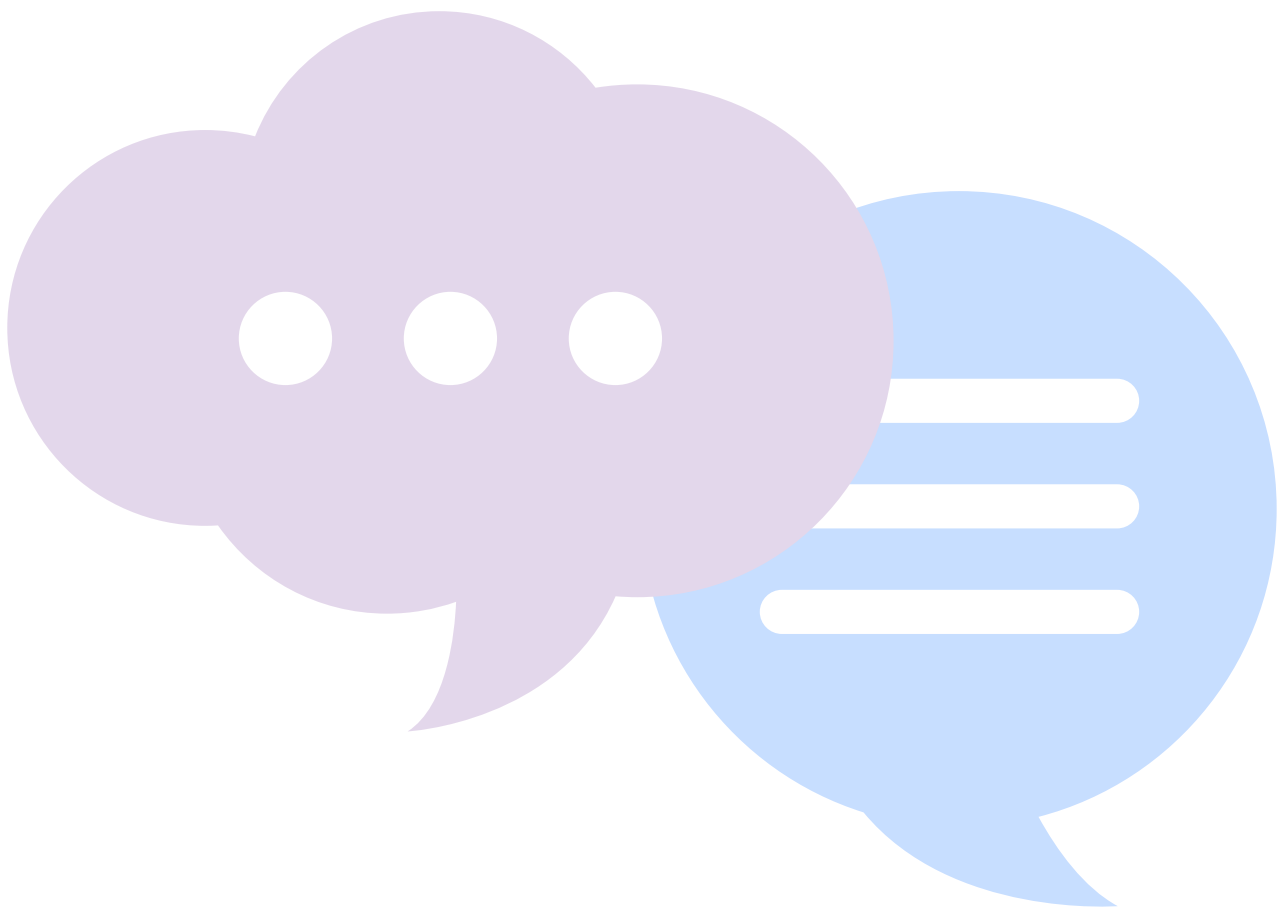
BONUS TIP

Take a breath before you speak. Mastering your conversations starts with leading yourself well; your tone, your presence, your peace.

If this helped you feel more confident and calm, stay connected!

I've got more tools for creating better relationships, better routines, and a better you.

See you soon...



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