

# 7 POWERFUL PHRASES FOR COUPLES

to use

## TO CALM ANY ARGUMENT



BY KASHINA

# WELCOME

*Hi There!*

I know you are busy, but I wanted to say a quick well done for showing up!

I am guessing you are here because you're tired of the conversations with your spouse blowing up and getting out of control. You want to communicate with your partner better and have more respectful conversations..

Most couples sweep things under the carpet, say "this is just who I am", **but not you!** people do nothing about this, but not you.

These five simple yet powerful phrases are your go-to tools to cool things down, reconnect in minutes, and keep small sparks from turning into bigger flames. Let's get started!

Wishing you and your partner all the best.

Rooting for you both!

*Kashina*

## ABOUT ME

I'm Kashina, a wife and mum of five, and a couples therapist on a mission to help busy couples communicate with confidence, rebuild intimacy, and truly enjoy being together

—no matter how busy life gets.



# HOW TO USE



1. **Review & Agree Ahead of Time.** Sit down with your partner when you're both calm. Read through these five power phrases together so you each know what to expect and can gently remind each other to use them when things heat up.
2. **Quick Read.** Keep this page handy—print it, stick it on the fridge, or save it as a phone wallpaper.
3. **Spot the Spike.** The moment you feel tension rising, choose one phrase that fits the situation.
4. **Pause & Breathe.** Before you speak, take two deep inhalations to slow your tone.
5. **Speak & Listen.** Say the chosen phrase calmly, then allow 2–3 breaths for both of you to reset before continuing.
6. **Reflect & Debrief.** After the conversation, check in: How did the phrase land? What helped most?

# YOUR PHRASES

## 01 “I need a reset—can we pause for a second?”

### When to use

Use this phrase the moment you notice your temper rising —This might feel like your heart's racing or your palms get sweaty—the aim is to use this phrase **before** you start “seeing red”.

### Why it works

By asking for a pause, you are giving yourself permission and space to cool down and think clearly. It also shows your partner you're aware of your rising emotions and are committed to returning with a calm, level-headed mindset.

## 02 “That hurt me. Give me a moment to collect myself.”

### When to use

Use this phrase the moment your partner says something that stings—when words feel sharp, hit differently, and you find yourself getting ready to get defensive, shut down, or pull away.

### Why it works

It gives you a clear timeout to honour and process your hurt instead of reacting defensively—and it pinpoints for your partner exactly which words caused pain, so they can choose more carefully next time.

# YOUR PHRASES

## 03 “Let’s switch gears: What is it we both need right now?”

### When to use

Use this phrase the moment you catch yourselves in a heated debate and want to pull the handbrake before things get any worse.

### Why it works

It shifts the focus from finger-pointing to identify what the real need is for you both—it provides an opportunity to focus on the problem rather than keep score of who's right or wrong.

## 04 “Help me understand—what’s the real issue for you?”

### When to use

Reach for this line when you're stuck on repeat—going round in circles but still can't pin down why your partner is hurt or upset.

### Why it works

It shows genuine curiosity and defuses defensiveness, giving you a chance to step into your partner's world and really understand what's behind their feelings.

# YOUR PHRASES

## 05 “I love you too much to fight like this. Should we regroup later?”

### When to use

Use this phrase when things are getting **really** heated and you can't see a way forward in the moment. It's a way to lovingly hit pause before things go too far.

### Why it works

It reminds you both that love is still the foundation—even in conflict—and that this isn't how either of you want to handle things. It creates space to breathe, reflect, and come back to the conversation with softer hearts and clearer heads.

**BONUS TIP: Anchor with Breath:** Before you speak any of these, take two deep inhalations to lower your tone and slow your pace.

### Why it works

Your body often reacts before your brain catches up. A couple of deep breaths can shift you out of fight-or-flight mode, making it easier to respond calmly rather than react in the heat of the moment. It sets the tone—for you and your partner—to have a healthier conversation.



## NEXT STEPS

**Keep this page handy** (print or phone wallpaper).

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**Let's work together:** Book a free 15-minute discovery call at Heart of Peace Therapy to learn more strategies to help with communication and conflict in your relationship.

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