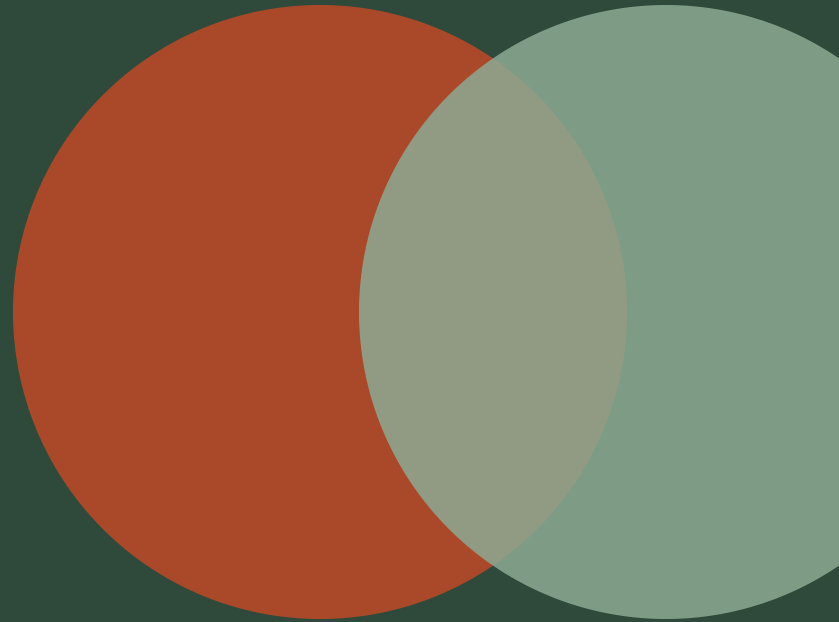




PART 2 OF 7 · THE TALK WITHOUT FIGHTING SYSTEM



Pause & Repair

Script Cards

Sixteen cards with the exact words for the hardest moments: when it heats up, when you bring something up, when you listen, and when you make up.

The right words, *where fights happen.*

In the middle of an argument, nobody remembers what they read in a book. These cards put the words in front of you. Print the next four pages, cut along the dashed lines, and keep them somewhere you'll see them.

1 **Print on card stock if you can.**

Regular paper works too. Print at 100% scale, color on.

2 **Put them where fights start.**

The fridge, the nightstand, the car's visor, the kitchen drawer.

3 **Point instead of talking.**

When it's heating up, either of you can just hand over or point to the Pause card. It says it for you.

4 **Fill in the blanks out loud.**

The ___ parts are yours. Use your own words; the shape is what matters.

Four colors, four moments

Pause

When it heats up

Start soft

When you bring something up

Listen

When they're talking

Repair

After, or mid-fight

PAUSE

When you feel flooded

"I'm getting overwhelmed. I want to get this right. Can we take 20 minutes and come back to it?"



TALK WITHOUT FIGHTING

PAUSE

When they call a pause

"Okay. Let's come back at _____. I'm not going anywhere."



TALK WITHOUT FIGHTING

PAUSE

Coming back after a break

"I'm ready to try again. Can I start with what I understood?"



TALK WITHOUT FIGHTING

PAUSE

When it's too late at night

"This matters too much to do it tired. Can we talk at breakfast?"



TALK WITHOUT FIGHTING



START SOFT

Bringing up a complaint

“I feel ____ about _____. I need _____. Would you be willing to _____?”



TALK WITHOUT FIGHTING

START SOFT

When something hurt

“When _____ happened, I felt _____. Can we talk about it?”



TALK WITHOUT FIGHTING

START SOFT

Asking for help

“I’m stretched thin tonight. Could you take _____ off my plate?”



TALK WITHOUT FIGHTING

START SOFT

Opening a hard topic

“There’s something on my mind. Is now a good time, or later tonight?”



TALK WITHOUT FIGHTING



LISTEN

Reflecting back

“What I’m hearing is _____. Did I get that right?”



TALK WITHOUT FIGHTING

LISTEN

Going deeper

“Is there more? I want to understand all of it.”



TALK WITHOUT FIGHTING

LISTEN

Validating

“That makes sense, given _____.”



TALK WITHOUT FIGHTING

LISTEN

When you disagree

“I see it differently, and I still get why you feel that way.”



TALK WITHOUT FIGHTING



REPAIR

Mid-fight

*“Can I try that again?
That came out wrong.”*



TALK WITHOUT FIGHTING

REPAIR

Owning your part

*“I'm sorry for ____.
What I wish I'd said
was ____.”*



TALK WITHOUT FIGHTING

REPAIR

Reconnecting

*“I'm on your side. We're
on the same team
here.”*



TALK WITHOUT FIGHTING

REPAIR

Accepting a repair

*“Thank you. I accept
that. And I'm sorry for
my part, too.”*



TALK WITHOUT FIGHTING

