

OSIRAM Energy, Quick Retort Guide

Recognize it

Entitlement, contempt, unsolicited authority, shaming, interrupting, manipulating, degrading, control through tone or past references.

Immediate grounding

Pause. Breathe once. Relax shoulders. Lower your voice.

One line responses

- Our conversation is over.
- That comment is inappropriate.
- You do not get to speak to me that way.
- I am disengaging from the conversation now.
- This stops here.

If they persist

- I have already said no.
- I am setting a boundary.
- Our conversation is closed.

Energy protection

You do not explain.

You do not defend.

You do not correct their reality.

Exit strategy

Turn away.

Change location.

End the call.

Leave without apology.

Inner reminder

Their entitlement is not my responsibility.

My calm is my authority.

Silence is a complete response.
