



To Shut it Down Calmly

- Not cool. Not funny. Not OK.
- You can stop now.
- Keep your opinion-I didn't ask for it.
- That's enough.
- I'm done listening.

To Walk Away With Power

- This conversation's over.
- You don't get access to me anymore.
- [Silence + walking away]
- I've got better things to do than this.
- You've said enough.

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Cheat Sheet





To Hold Your Ground Without Escalating

- You don't have to like me. You do have to leave me alone.
- I'm not here for your entertainment.
- That was a choice. And it says more about you than me.
- If putting me down makes you feel better, I feel sorry for you.
- You don't scare me-you just waste my time.

To Say To Yourself When You Can't Respond

- This is about them, not me.
- Their words don't decide who I am.
- I don't have to explain myself to people who don't get me.
- I can walk away and still win.
- They don't get the final say-I do.

