

Ref	Scenario	Phrases to use	Comment
	<b>For dealing with belittling comments</b>	"I need you to repeat that."	This takes the fun out of the belittling comment and makes the person realize their behavior
	<b>For handling gaslighting</b>	"I remember things differently."	This phrase helps you stand firm and not get swayed by the gaslighter
	<b>For de-escalating arguments</b>	"Is this something we have to agree on right now?"	This helps to determine if the argument is worth engaging in at the moment
	<b>For responding to disrespect</b>	"That's below my standard of respect."	This makes it clear that you won't engage with disrespectful behavior.
	<b>For dealing with rude comments in emails or texts</b>	"Did you mean for that to sound so harsh?"	This helps to address the tone of the message and prompts the sender to reconsider their words.
	<b>For an argument that is getting heated up</b>	"I will not be spoken to that way"	Assertively setting your boundaries
	<b>Whenever someone starts shouting</b>	"I don't respond to in that volume."  (speak in a lower than your normal conversational tone)	Makes you sound more controlled and pulls their volume back down.
	<b>When somebody you disagree</b>	"I see it differently	"Letting the other person knows you have your perspective and they have their perspective