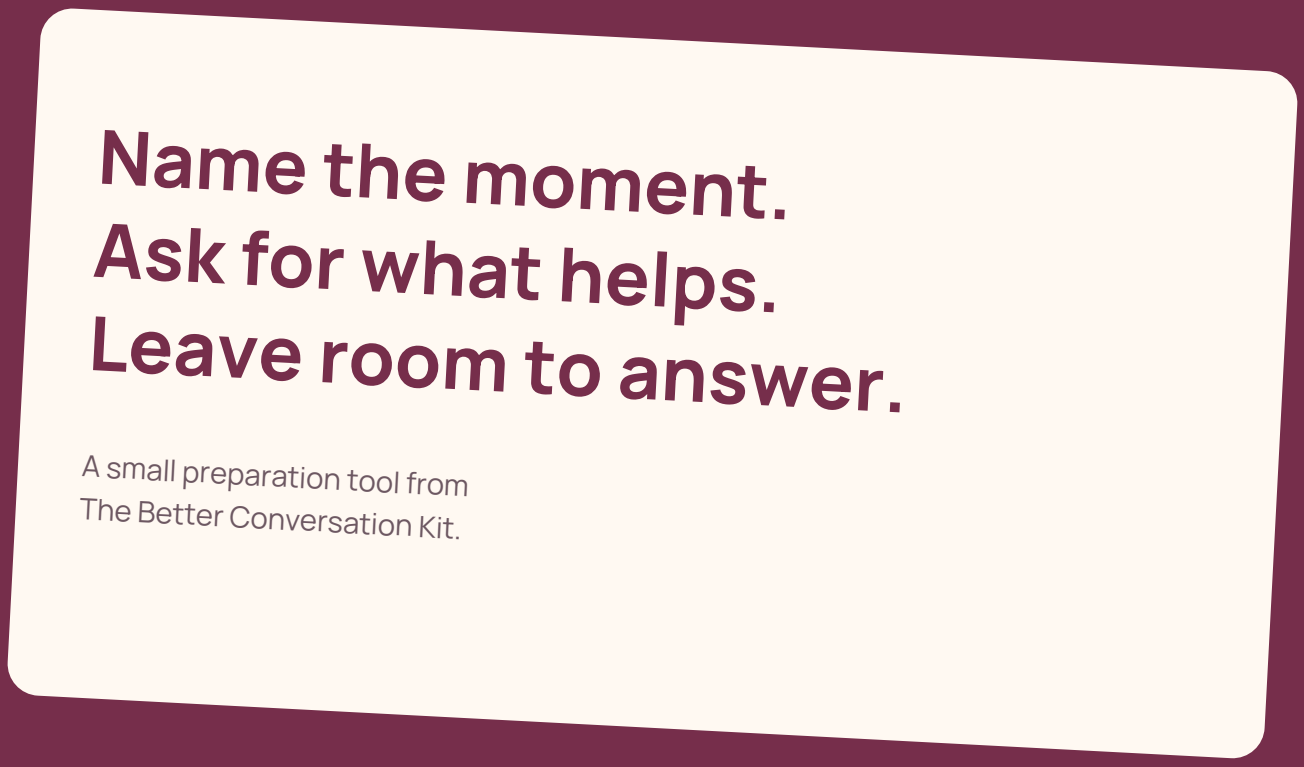
One conversation. One clear request.

Find a clearer way to bring up one thing that has been on your mind.



FREE MINI WORKBOOK

PRINT OR TYPE / YOUR PACE / ORIGINAL EXERCISES

A SMALL TOOL / ABOUT 10 MINUTES TO PREPARE

Make the request easier to answer.

Use this for one everyday concern that you can raise safely. Prepare alone, and share only what you want to share.

01 **Name a recent observation.**

"We changed Saturday's plans after I arranged childcare." Leave out character labels and guesses about intent.

02 **Name why it matters to you.**

"I feel stretched when I have to rearrange things at the last minute."

03 **Ask for one concrete action.**

"Could we check with each other by Thursday before committing our shared Saturday?"

04 **Leave room for an honest response.**

"Would that work for you, or is there another option?" A request allows a no or a counterproposal.

TRY THESE WORDS

"When ____, I felt ____. What would help is ____. Would you be willing to try that, or suggest something else?"

Choose a situation where choice is real.

If you fear a partner's reaction or experience threats, control, coercion, or harm, skip the joint exercise. You do not need better wording to earn safety. Private support: thehotline.org or 800-799-7233 in the U.S.

This original educational tool is not therapy, a diagnosis, or a validated assessment. It cannot guarantee agreement or change.

FILLABLE / YOUR NOTES CAN STAY PRIVATE

Your one clear request.

Choose one recent situation. Leave the larger history for another conversation, if you want to have one.

The situation I noticed, described without "always" or "never"

What I felt and why this matters to me

The specific action I would like to request

An alternative I could honestly accept

My invitation: a possible time, place, and room to decline

Print only the pages you want, or open this file in a PDF app that supports forms. Save a new copy after typing and reopen it to check your notes. Browser previews may not save fields. The file itself does not send your answers anywhere; your device and storage settings still matter.

WHEN YOU BOTH WANT TO TALK

Try the conversation. Keep the next step small.

You can leave with understanding, a small agreement, or an honest difference. A yes is not the only useful outcome.

Open

Ask whether now works. Read your request in ordinary language, and let the other person respond.

Check

"What did you hear me asking?" Then listen to their experience and check your understanding too.

A next step we freely agree to - or what remains unresolved

Who will do what, and when would we like to revisit it?

Want help with the parts around the conversation?

The Better Conversation Kit adds a pause-and-return plan, listening and repair scripts, realistic examples, a one-page planner, and reusable follow-up pages.

Explore the full kit at relationshipcoach.cc/better-conversations/

Background: APA: Healthy relationships; love is respect: How to set boundaries; National Domestic Violence Hotline. General guidance only; these sources do not validate or endorse this tool. Checked November 8, 2026.

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