

10-Minute Tough Talk Prep Card

Do this alone, on paper, before the conversation. Not during it. Takes 10 minutes.

1. 2 MIN | Name the actual thing

What I actually need to say is:

2. 2 MIN | Name your fear

I'm avoiding this because I'm afraid that...

Naming the fear helps calm the reaction.

3. 3 MIN | Say what you want, not just what feels wrong

What I actually want from this conversation is:

4. 3 MIN | Write your opening sentence

I will start with:

Say it out loud once before you begin.

Avoid: "You always..." | **Use:** "I've been carrying something I need to say."

7-Day Tracking Log

0 = Had the conversation · 1 = Prepped, not yet · 2 = Still avoiding

Day	Date	Which Conversation	Score	What I noticed today
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

A clear plan reduces mental looping around unfinished conversations.

Vallabh Chitnis · Co-Founder, IntuiWell · Personal Growth & Mindset Shift

Still going silent even after prepping? [Book a Personal Plan Call.](#)

[WhatsApp Now | +91-9175330500](#)