

## Triggered at Work? 5 Scripts to Lead Yourself First

When you're triggered, you don't need a feeling — you need a sentence. Here are five to keep close.

1

**When you face public criticism or pushback in a meeting**

*"That's worth slowing down on. Can you walk me through what you're seeing so I can address it specifically?"*

2

**When you feel like you have to micromanage because no one does it "right"**

*"Here's exactly what 'done right' looks like to me, and here's the one piece I need you to own. What do you need from me to get there?"*

3

**When you're repeating yourself for the third (or thirtieth) time**

*"I've explained this a few times and it's still not landing — which tells me I haven't made it clear enough yet. Let's find the gap."*

4

**When a mistake, missed deadline, or deal falls apart under pressure**

*"Outside of what we've already handled, is there a problem we actually need to solve right now?"*

5

**When upper management hands you tense feedback or unrealistic pressure**

*"I want to deliver on this. Help me understand what has to be true — and let's get honest about what it'll take and what we can move to make room."*

Want all 6 — including the bonus script?

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