

What to Say *Instead of Yelling*

7 ready-to-use scripts for the exact moments that set you off. You don't have to be a calm person to become a calmer parent — you just need better words ready than the ones stress reaches for first. **Better, not perfect.**

WHEN THEY WON'T LISTEN

- 1 Instead of: "How many times do I have to tell you?!"
Try: "I've asked twice. Now I'm going to help you do it."

WHEN THEY'RE MELTING DOWN

- 2 Instead of: "Stop crying!"
Try: "You're really upset. I'm right here. Take your time."

WHEN YOU FEEL DISRESPECTED

- 3 Instead of: "Don't talk to me like that!"
Try: "That tone doesn't work for me. Try again and I'm listening."

WHEN EVERYONE'S RUSHING

- 4 Instead of: "Hurry up, we're going to be late!"
Try: "We leave in five minutes. What do you need to be ready?"

WHEN ONE HURTS THE OTHER

- 5 Instead of: yelling across the room
Try: "I won't let you hurt him. Come with me and let's reset."

WHEN YOU FEEL YOUR OWN FUSE

- 6 Instead of: exploding
Try: "I'm getting frustrated, so I'm going to take a breath before I answer."

WHEN THEY SAY "I HATE YOU"

- 7 Instead of: matching their heat
Try: "You're allowed to be mad at me. I still love you — and the answer is still no."

The 3-Second Pause

Before any script works, catch the trigger: **1) Notice** the heat in your body · **2) Name it** ("I'm getting triggered") · **3) Breathe** one slow exhale. That tiny space is where calm lives.

These 7 are just the start. Keep this on the fridge, in your bag, wherever the hard moments happen — and when you're ready for the full set of scripts and the framework behind them, find the **Conscious Not Crazy Cue Cards** and course at koribloom.com.