

# DEAR MAN Script

Prepare a clear, respectful request before a hard conversation

**D**

**Describe**

State the facts without judgment.

\_\_\_\_\_

**E**

**Express**

Share how you feel or what matters.

\_\_\_\_\_

**A**

**Assert**

Ask clearly or say no clearly.

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**R**

**Reinforce**

Explain the positive outcome.

\_\_\_\_\_

**M**

**Mindful**

Stay on topic and repeat your point.

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**A**

**Appear Confident**

Use steady voice and posture.

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**N**

**Negotiate**

Offer options without abandoning the goal.

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## CONVERSATION SCRIPT

My opening sentence:

\_\_\_\_\_  
\_\_\_\_\_

My clear request or boundary:

\_\_\_\_\_  
\_\_\_\_\_

If they push back, I will say:

\_\_\_\_\_  
\_\_\_\_\_