

Hold Your Ground

Someone disagrees, out loud. Your checklist:

BEFORE

- ☐ Name what you need to feel (calm, clear, unhurried).
- ☐ Know your one strongest reason, not your ten weakest.

DURING

- ☐ Pause before you answer — the silence is yours.
- ☐ Acknowledge without abandoning (“I hear that, and I see it differently”).
- ☐ State your position once, cleanly.
- ☐ Resist the second explanation; repetition is not persuasion.
- ☐ Keep your pace, your volume, your posture exactly where they were.

NEVER + AFTER

Never: shrink · over-explain · apologise for having a position.

After: notice where the pull to qualify showed up. That is next month’s practice, already found.

You can disagree warmly. Those were never in conflict.