

## Have you ever found yourself in a situation where someone is saying something that makes you feel uncomfortable?

When you find yourself in an uncomfortable conversation, consider one of these statements to respond or stop what's being said:

I don't understand what you mean by that comment.

I don't know what you are trying to say but I think you should pick another word/phrase.

I hear you but I disagree on this issue.

We should be careful with our words/phrases. We respect all people here.

I don't want to have this conversation.

I am uncomfortable with this conversation so I will excuse myself.

I will agree to disagree with you.

Let me push back on that a little.

I don't think that comment was necessary.

I'm feeling hurt by what I heard you say.

I am trying to understand your thinking.

Did you mean to say something offensive or did I misunderstand?