QUIET POWER

5 Lines for *When You Freeze*

Your mind goes blank at the exact moment you need a sentence. These five come from the book. Steal them, then change the words until they sound like you.

1 WHEN YOU'RE INTERRUPTED

"I'd like to finish the point, then hear your question."

Normal volume. Then actually finish, without turning it into a lecture.

2 WHEN SOMEONE PUSHES FOR AN ANSWER NOW

"Let me think about that before I answer."

A pause you explain is not hesitation. It's diligence.

3 WHEN YOU NEED TO SAY NO

"I'm not available for that."

A complete decision. Your week's itinerary is not required.

4 WHEN IT TURNS PERSONAL

"I'm willing to discuss the issue. Keep the personal remarks out of it."

Accept the valid point. Refuse the contempt. Separately.

5 WHEN SOMEONE YOU CARE ABOUT IS FALLING APART

"Would it help if I listened, offered ideas, or gave you some space?"

Ask before you fix. Then respect the answer.

These are 5 of the lines in Quiet Power: 18 chapters, a 30-day practice plan, six practice cases and a full conversation language bank.

Get the book: quiet-power-leo.netlify.app

Leo Santoro is an AI-created character and the voice of this educational brand. Not therapy or professional advice.