

Saying What You See

CORE IDEA

The feeling is real. It is not always a verdict.

Use this sheet before a conversation where you need to express an unpopular view. The aim is not bravado. The aim is accuracy, steadiness, and a message the other person can actually take in.

STEP 1

Name what you see

Keep this observational first. Before you argue, name the situation clearly.

Situation: _____

What I am seeing:

Who needs to hear it: _____

STEP 2

Price both costs

Fear usually prices only the visible cost of speaking. Put numbers and words on both sides.

IF I SPEAK

Worst realistic outcome:

Actual chance (%): _____

If it happens, I can:

IF I STAY SILENT

Personal cost:

Relational cost: _____

Room / group cost:

STEP 3

Choose the stance

A chosen silence is different from a default silence. A willing conversation is different from being dragged by fear.

I am choosing to stay silent for now, and I know why.

I am willing to speak, because this serves something I value.

The value I am protecting: _____

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PRACTICAL METHOD

Turn the alarm into useful action.

The goal is not to win the room. The goal is to say what you see clearly enough that reality has a chance to re-enter.

STEP 4

Separate signal from instruction

The alarm may still fire. It does not need to disappear before you speak.

What my body does: _____

What I first assume it means: _____

A better instruction: _____

STEP 5

Earn the hearing

State their position so fairly they would say: "I wish I had put it that way." Respect before disagreement is the frame. Respect after disagreement is damage control.

Their position, stated fairly:

STEP 6

Build the sentence

Four moves keep people listening. Write the first version simply; refine the tone later.

1. What I see: _____

2. Room to be wrong: _____

3. Shared aim: _____

4. Question: _____

Starter sentence:

"Here is what I am seeing. I may be missing something, and I know we both want this to work. What am I not seeing?"

Carry this out of the room

The fear is information, not a command. Silence has a hidden ledger. Say what you see with steadiness, respect, and a question that keeps the other person engaged.

If doing this still feels too overwhelming, we can work on the pattern underneath it through coaching.

Book a free consultation: patternshift.jp/consultation/