

THE WARRIOR'S WORDS

FOURTEEN WAYS TO STAND YOUR GROUND WITHOUT LOSING YOUR PEACE

INSPIRED BY MAA CHANDRAGHANTA

1 WHEN YOU'RE INTERRUPTED

"I'd like to finish what I was saying."

2 WHEN SOMEONE PRESSURES YOU FOR AN ANSWER

"I'm not making this decision under pressure. I'll give you my answer when I'm ready."

3 WHEN SOMEONE TRIES TO GUILT YOUR INTO SAYING YES

"I understand you're disappointed. My answer is still no."

4 WHEN SOMEONE SPEAKS TO YOU DISRESPECTFULLY

"I'm willing to have this conversation, but not while I'm being spoken to this way."

5 WHEN YOU'RE BLAMED UNFAIRLY

"I'll take responsibility for my part, but I won't take responsibility for what wasn't mine."

6 WHEN SOMEONE QUESTIONS YOUR CHOICES

"I've considered this carefully, and I'm comfortable with my decision."

7 WHEN SOMEONE VOLUNTEERS YOUR TIME WITHOUT ASKING

"I heard the plan. I don't remember agreeing to my part in it."

8 WHEN YOU'RE TOLD TO BE THE BIGGER PERSON

"What would being the bigger person require from anyone besides me?"

9 WHEN SOMEONE MAKES YOUR REACTION THE PROBLEM

"We can examine how I reacted. But can we first examine what I was reacting to?"

10 WHEN YOUR KINDNESS HAS BECOME AN EXPECTATION

"I was happy to do it as a favour. When did it become my responsibility?"

11 WHEN SOMEONE EXPECTS YOU TO JUSTIFY YOUR DECISION ENDLESSLY

"Is there something you genuinely don't understand, or is my answer simply not the one you wanted?"

12 WHEN SOMEONE USES DISAPPOINTMENT TO IMPLY YOU'VE DONE WRONG

"I understand you're disappointed. But is my decision unfair, or is it simply inconvenient for you?"

13 WHEN A PROBLEM IS ALWAYS SOLVED AT YOUR OWN COST

"We've agreed that this needs to be done. We haven't agreed that I should be the one to absorb the cost."

14 WHEN YOU'RE EXPECTED TO MOVE ON WITHOUT ANYTHING CHANGING

"What exactly has been resolved here, apart from the expectation that I stop bringing it up?"