

## LESSON 4 RESOURCE

# Positive Pressure Language Bank

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### 1. Slow it down

Use these when things feel rushed or out of control.

- "Let's slow it for a second."
- "We've got time — no need to rush."
- "Hang on, let's just pause."
- "Let's do this properly."

### 2. Create space (without blaming)

Use these to protect personal or shared space.

- "Let's give people some space."
- "We're a bit too close — let's move over."
- "Let's step back so everyone's comfortable."
- "People need room to get past."

### 3. Set a clear boundary

Use these when you need to say no.

- "I'm not comfortable with that."
- "I'm not doing that."
- "That's not for me."
- "I'm going to choose something safer."

### 4. Redirect the group

Use these to shift behaviour without confrontation.

- "Let's do it this way instead."
- "What if we just..."
- "Let's wait / move / slow down."
- "There's a better option."

### 5. Support others

Use these when someone else is affected.

- "Let's make it easier for them."
- "That's not fair on others."
- "They need space too."
- "Let's be respectful."

### 6. Back yourself (confident close)

Use these to end the conversation confidently.

- "I'm good with this choice."
- "This works for me."
- "I'm sticking with this."
- "I'll wait here."