

What is a Script?

Scripts help people by providing a structured and predictable framework for communication. They allow people who struggle to express themselves to share their thoughts and emotions.

The following scripts might be helpful for relationship building or communication in existing relationships.

Talking can be difficult but communication is beautiful. We can all practice building respectful relationships with our loved ones, friends, and romantic partners.

Sharing and reuse encouraged!

***View more resources and schedule
one-on-one coaching at
savvylifeskills.com***

Made by yours truly @SavvyLifeSkills

Scripts to Improve Communication

- I can be very direct and I expect the same from others.
- I might jump into the conversation and I am okay with you doing the same.
- Please feel free to tell me to hold off on my questions or urge to discuss. I don't intend to push your limits.
- Sometimes I get very deep in thought but I do not intend on ignoring you in those moments. Gently remind me what we were talking about to bring me back.
- Please be kind and conscious of your tone when we talk. I am sensitive to sound. Ironically, it can be hard for me to manage my own volume. I am open to feedback and reminders to be quiet as well.

Sensory Issues - Be specific and direct about the areas you struggle in.

Intimacy - Be honest, have fun, and be respectful.

Misunderstanding - Ask for clarification when tensions have cooled down. Give it time.

Scripts to Describe Difficulty Talking

- I don't have anything to say, but I really enjoy spending time with you.
- Sometimes I struggle to express myself clearly or with my words. Either I cannot think of them or they get mixed up.
- Can I write you a letter to summarize my thoughts on this? I am have trouble verbalizing them right now.
- I am still learning how to describe my feelings and even identify them. When I get overwhelmed, I might not be able to talk at all. It helps if you are patient with me and _____ (describe how you would like someone to show up for you before the overwhelm hits).
- What you say means a lot to me. I can get caught in rumination where I think about my mistakes, past conversations, or interactions on a loop. This is often very negative or self-critical.
- If sounds, light, or other stimuli are sudden or intense, it might make me physically ill. If I say I need to leave, I mean immediately.

Scripts to Describe Sensory Issues

- I am sensitive to body language, tone, and well everything.
- Sometimes I worry about what is happening because of pattern recognition.
- I am sensitive to rejection and may seek validation or clarification if I am confused. Please be patient with me.
- It is helpful to talk things out to learn and meet your expectations.
- I learn best when I am comfortable in a familiar space. Having serious conversations can be challenging when I am overstimulated or in public.
- Big lights give me headaches, do you mind if we primarily use lamps or natural lighting?
- I am sensitive to smells/textures and have some food restrictions. Although, I have limited options and I am used to making accommodations.
- I could have handled that better. I'm sorry.
- I am still learning, can you help me understand what went wrong there?