

Language in Meetings: From Confrontation to Heart-Based Communication

Harmful / Confrontational Language	Heart-Based / Respectful Language
You're wrong.	I see it differently. May I share my perspective?
That's a stupid idea.	I'm not sure that approach works for me. Let's explore other options.
You don't understand.	Maybe we're seeing this from different angles.
That's not how we do things.	I'm curious how your suggestion might work here.
Why didn't you do that?	Is there a reason that didn't happen yet?
You always mess things up.	I've noticed a pattern that might need attention.
Calm down.	I hear you. Let's take a moment and breathe together.
You need to listen.	May I share something and then hear your thoughts?
This is a waste of time.	I feel we might be off track—can we revisit the goal?
You're being difficult.	It seems like we're not aligned—how can we find common ground?
Nobody agrees with you.	Some may see it differently—would you like to explain more?
That's not my problem.	How can we support each other to move this forward?