



A Transformative  
Justice Project

## Transformative Justice Phrases for Hard Conversations

I never thought of it that way.

Is there feedback you have for me?

I appreciate you sharing your truth.

Are there things I could be doing better?

You're right.

I reacted too fast.

This gives me a lot to think about thank you.

The story I'm telling myself is \_\_\_\_\_.

The story I make up is \_\_\_\_\_.

I'm curious, \_\_\_\_\_.

That's fair.

I appreciate your vulnerability.

I can see where you're coming from.

Thank you for trusting me enough to share.

Is there more?

I don't know.

I want to sit with that before I respond.

I feel scared that I will be \_\_\_\_\_.  
(e.g. judged, not believed, mocked, blamed)

I will try.

I'm sorry. That wasn't right.

Sometimes it's hard for me to \_\_\_\_\_.

I'm here and listening to whatever you'd like to share.

That makes sense.

I made an assumption.

I wish I had done things differently.

I care about what you have to say and how you feel.

I should have \_\_\_\_\_.

I will work on that.

I can see how it came off that way.

I understand if you do not trust me.

I was scared. I was hurt. I was ashamed.

What I hear you saying is \_\_\_\_\_.  
Did I get that right?

Do you want me to listen or offer advice?

I want to make things right.