

Am I Speaking From Alignment?

A Pre-Conversation Self-Check Template

How to Use This Tool

Before an important conversation, or when you feel emotionally activated, pause for 3 - 5 minutes and complete this page. The goal isn't perfection. The goal is alignment. Honesty works best when it comes from clarity, not urgency, fear, or the need to control the outcome.

Part 1: Emotional Clarity

1. What am I feeling right now?

(Be specific. Not just “upset” - is it disappointed? dismissed? anxious? hurt? frustrated?)

2. What triggered this feeling?

(Describe the situation without exaggeration or interpretation.)

3. On a scale of 1–10, how emotionally activated am I?

(If above 7, consider pausing before speaking.)

Part 2: Alignment Check

4. What do I actually want from this conversation?

- To be understood
- To set a boundary
- To express a feeling

- To make a request
- To repair
- Other: _____

5. Am I trying to control their reaction or outcome?

If yes, what outcome am I attached to?

6. If they respond defensively, can I stay grounded?

- Yes
- Not sure
- No, I may need more time

Part 3: Integrity Filter

7. Am I about to:

If any are checked, pause and recalibrate.

- Over-explain to be accepted
- Soften my truth to avoid discomfort
- Apologize for having a feeling
- Say “it’s fine” when it isn’t
- Stay silent to keep peace
- Speak harshly because I’m overwhelmed

Part 4: Clean Expression Draft

Complete this sentence:

“When _____ happened, I felt _____. What I need now is _____.”

Now simplify it into 1 - 3 clear sentences:

Final Alignment Question

If I say this calmly and clearly, even if the outcome isn't ideal:

Will I respect myself afterward?

- Yes
- Not yet, I need to adjust
- I need more clarity before speaking

Closing Reminder

Alignment means:

- *You own your feelings.*
- *You don't weaponize them.*
- *You don't abandon them either.*

You are responsible for your clarity. not for managing someone else's emotions. Speak from steadiness, not from fear.