

The **Communication** RESET

*Identifying the Patterns Holding You Back —
And Replacing Them With
Strategies That Work*

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*Debra's Guide to Identifying the Communication Patterns Holding You Back —
And Replacing Them With Strategies That Work*

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In the following pages you will find a practical, story-driven guide that helps women identify the communication habits that are quietly undermining their relationships, their influence, and their sense of self, and replace them with patterns that actually serve who they are. Someone in your life needs to hear you communicate differently. So do you. Let's get started.

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INTRODUCTION: THE PATTERN YOU DIDN'T CHOOSE

There was a version of you who said what she meant and meant what she said, the first time. Who didn't rehearse the conversation six times in her head before having it? Who didn't apologize before every sentence or soften every opinion into a question so it would go down easier.

Where did she go?

She didn't disappear. She adapted. To rooms that punished direct women and rewarded agreeable ones. The relationships that confused honesty with hostility. Years of watching what happened to the woman who said it plainly, and deciding quietly that it was safer to say it sideways, or not at all.

This is not a guide about becoming a better talker. Communication is not about volume, and it is not about polish. It's about alignment, saying what is actually true, to the person who actually needs to hear it, in a way that actually lands. When your communication patterns are out of alignment, everything else suffers: your relationships get shallow, your leadership loses its edge, and you start performing a version of yourself that even you can barely recognize. That's the work. That's what we're resetting here today.

RESETTING YOUR COMMUNICATION IN YOUR CAREER

Somewhere along the way, you learned that the way to survive at work was to wrap every opinion in a cushion. To start emails with "I just wanted to" and end them with "does that make sense?" To hedge every recommendation so that if it failed, nobody could say you oversold it.

Ask yourself this: when was the last time you communicated something at work exactly the way you meant it, without softening it, qualifying it, or apologizing for it?

Resetting your communication at work isn't about being blunt. It's about being clear. It's the difference between a message that respects the reader and a message that protects the sender. It's the difference between leading a conversation and surviving one.

The reset starts with noticing. Pay attention to your own patterns for one week. Count how many times you start a sentence with "I'm sorry, but" when you have nothing to apologize for. Notice how often you turn a statement into a question because the

statement felt too bold. Watch for the moment you edit your idea down to something safer before it leaves your mouth. Those are not communication skills. Those are survival strategies, and they have an expiration date.

I've watched women deliver the most insightful observation in the room and then immediately undercut it with "but I could be wrong." You're not wrong. You're used to making your intelligence easier for other people to swallow. Stop diluting the message to manage the reaction. Say the sentence you actually mean, and let the room adjust to the clarity instead of the other way around.

RESETTING YOUR COMMUNICATION IN YOUR CALLING

Somewhere, someone told you that a godly woman communicates gently, always, in every situation, regardless of what needs to be said. That directness is the opposite of grace. That the most spiritual thing you can do with your words is make them as small and inoffensive as possible.

I want to challenge that directly! Nathan told David the truth to his face with a story that cut straight to the bone. Jesus cleared a temple with words before He cleared it with anything else. Paul wrote letters so direct they made entire churches uncomfortable, and those letters are still being read two thousand years later because they said exactly what needed to be said.

Your communication in your calling is not meant to be comfortable. It is meant to be true. If God has given you a message, a teaching, a correction, or a truth that someone needs to hear, wrapping it in so much softness that it loses its shape does not serve Him or them well. It protects you. And there is a difference between being kind and being so careful that the point never arrives.

Ask yourself: am I communicating with gentleness, or am I communicating with avoidance dressed up as gentleness? Those are two very different things, and only one of them changes anyone.

Gentleness delivers the truth with love. Avoidance buries it with niceness. Learn to tell them apart in your own calling, and you'll start to notice how often you called it tact when it was actually fear. God did not give you a voice and a message so you could stand down every edge until nobody felt anything. He gave them so you could say what He put in you, clearly, directly, and with the kind of love that tells the truth even when the truth is inconvenient.

RESETTING YOUR COMMUNICATION IN YOUR RELATIONSHIPS

This is where it gets personal, because the people closest to you are usually the ones most familiar with your old patterns and the most surprised when you stop using them.

You've been communicating in code for years. Hinting instead of asking. Going silent instead of saying what's wrong. Saying "it's fine" when it's not fine, and then resenting the person for believing you. These patterns didn't come from nowhere. You learned them because at some point, direct communication cost you something, and you decided the indirect version was safer, even though it has never once gotten you what you actually needed.

Real connection requires real communication. You cannot be truly known by someone you are only giving the edited version of your thoughts to. Your spouse cannot meet a need you only hint at. Your friends cannot honor a feeling you never name. Your family cannot adjust to a boundary they have to guess at because you communicated it with a sigh instead of a sentence.

This doesn't mean every thought needs to be delivered without a filter. Wisdom still matters, and timing still matters. But there is a world of difference between choosing your moment and swallowing your truth. One is discernment. The other is a pattern that is slowly eroding every relationship you care about.

Ask yourself: in my closest relationships, am I communicating, or am I managing?

Managing is easy. Managing is controlling the tone, reading the room, deciding what the other person can handle, and editing yourself accordingly. Communicating is harder. Communicating means saying the real thing and trusting the relationship to hold it. That's not a conversation you have once. It's a reset you practice, one honest exchange at a time.

RESETTING YOUR COMMUNICATION IN YOUR SENSE OF SELF

Here is the foundation underneath everything else. You cannot communicate clearly with anyone else if you are not first being honest with yourself about what you actually think, feel, need, and want.

This is where the real excavation happens. Not in learning communication frameworks or memorizing better phrases, but in going back and asking the harder questions. Who taught you that your thoughts needed editing before they were safe

to share? Who trained you to read the room before you read your own mind? Whose reaction are you still managing every time you open your mouth?

Somewhere along the way, most of us developed an internal editor that runs every thought through a filter before it reaches our lips. Is this too much? Will this make them uncomfortable? Am I allowed to say this? That editor might have protected you for a season. But it has also been quietly rewriting your truth so many times that you've started to lose track of what you actually think underneath all the revisions.

Resetting your communication in your sense of self means separating the gold from the fool's gold. The gold is your unedited truth, the thought before you softened it, the feeling before you explained it away, the need before you talked yourself out of having it. The fool's gold is the polished, palatable, pre-approved version you've been offering the world instead, the one that keeps the peace but costs you yourself.

You already know which one is which. You've known for a long time. The question is whether you're ready to stop running everything through the filter and start trusting what comes out when you don't.

This is the excavation work I do with every woman I coach. We don't install a new communication system from scratch, because scripts don't survive real conversations. We dig. We remove what was piled on top of her honest voice by others reactions, others comfort, others need for her to communicate in a way that never cost them anything. And underneath all of it, every single time, we find the same thing: a woman who knew what she wanted to say the whole time and just stopped trusting herself to say it.

A word of wisdom applies here as well and that is always check your motive before sharing your message and truth. Allow communication to honor each person and yourself.

WHERE TO BEGIN

You don't have to overhaul every conversation this week. Start with one pattern. One relationship. One moment where you catch yourself editing and choose to say the unedited version instead. Notice the moment the old instinct kicks in to soften, hedge, or apologize, and instead of obeying it, stay present. Say the real thing, even if your voice shakes. Especially if your voice shakes. A shaking voice is not a sign that you're communicating wrong. It's a sign that you're finally communicating for real.

Keep a short list, in your journal or on your phone, of the moments you said the true thing instead of the safe thing. Read it back on the hard days. You will be surprised how quickly the evidence adds up that the old story about you, the careful one, the one who manages the room, the one who always knows exactly what everyone else needs to hear but never says what she needs to say, was never actually true.

THE INVITATION

Your real voice is not something you need to develop. It is something you need to stop editing. It has been there the entire time, underneath the hedging, underneath the apologizing, underneath every “it’s fine” you said when it wasn’t, waiting for you to trust it enough to let it out.

This doesn’t happen overnight, and it doesn’t happen by accident. It happens one honest sentence at a time. One conversation where you say the real thing instead of the rehearsed one. One relationship that hears your actual voice and gets closer for it, not further away.

So here is your invitation. Say the true thing. Drop the disclaimer. Let the sentence land without a cushion under it. There is no need to apologize for communicating clearly, for naming what you need, or for finally trusting yourself enough to stop editing everything before it reaches the people who matter most.

Five Tips to Resetting Your Communication You Can Use Today:

1. **Catch one pattern this week.** Pick one communication habit, the unnecessary apology, the question mark at the end of a statement, the “it’s fine” when it isn’t, and count how many times you use it in a single day. Awareness is the first step; you cannot reset a pattern you haven’t named.
2. **Say the sentence before you edit it.** The next time you feel yourself rewriting a thought in your head to make it safer, say the original version instead. Not the louder version. The truer one. You will almost always find that the unedited sentence was clearer, kinder, and more effective than the revision.
3. **Replace one hedge with a statement this week.** Turn “I just wanted to check in” into “I’m checking in.” Turn “I could be wrong, but” into “Here’s what I think.” It can feel small, but it rewires the habit one sentence at a time.
4. **Journal three unfinished sentences tonight.** “The thing I keep editing out of my conversations is ____.” “The relationship where I communicate most carefully instead of most honestly is ____.” “The sentence I’ve been meaning

to say but haven't is ____." You don't have to share it with anyone, just let yourself see it written down.

5. **Start a reset list.** Keep a running record on your phone or in your journal of every time you communicated clearly when the old pattern would have had you hedge, and read it back on the hard days when the old instinct tries to pull you back into the edited version, because that list is living proof that you were always capable of saying what you meant.

Your old patterns were never proof that you're a bad communicator. They were just proof that you learned to communicate for survival instead of connection.

It's time to stand up and say what you mean.

CHEERS!

Coach Debra

YOUR EXCAVATION WORK

A few minutes with these questions and action steps from The Communication Reset will help what you just read actually change something.

CAREER

When was the last time you communicated something at work exactly the way you meant it, without softening it, qualifying it, or apologizing for it?

CALLING

Am I communicating with gentleness, or am I communicating with avoidance dressed up as gentleness? Those are two very different things, and only one of them changes anyone.

RELATIONSHIPS

In my closest relationships, am I communicating, or am I managing?

FIVE TIPS CHECKLIST

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- ☐ Say the sentence before you edit it. The next time you feel yourself rewriting a thought in your head to make it safer, say the original version instead. Not the louder version. The truer one. You will almost always find that the unedited sentence was clearer, kinder, and more effective than the revision.
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