

From Sting to Signal

A Four Week Practice Plan to Disarm Sarcasm and Covert Hostility

Use this guided plan to train body awareness clear language and durable boundaries. Track your progress with daily scans scripts and reflection pages.

My intention for this month	
How I want to feel in conversations	
Support I will ask for	

Week One Somatic Compass

Practice pause and read for three short scans each day. Build a personal map of early cues so you can choose your next step with calm.

Day	Morning scan	Midday scan	Evening scan	Notes
Day One				
Day Two				
Day Three				
Day Four				
Day Five				
Day Six				
Day Seven				

Cue Log

Write the literal words then your honest paraphrase. Note the first seconds in your body and the setting.

Context place and people

Literal words

Honest paraphrase

Body signal during first seconds

Cue Log continued

Context place and people

Literal words

Honest paraphrase

Body signal during first seconds

Week Two Language of Calm Precision

Train short sentences that surface intent name impact and set boundaries.
Rehearse out loud each day.

Script Rehearsal

When it is phrased like that it lands as a dig for me Is that what you meant _____

Jokes aside that lands as belittling for me _____

I am open to direct feedback If the tone turns sarcastic I will step out _____

For clarity I hear that we need a change to X before Tuesday Is that right _____

I want feedback in plain words not as a performance _____

I value our connection I want humor that keeps both of us safe _____

Week Three Pattern Map

Map people settings and channels. Move important topics to higher context.

Context	People	Channel	Timing	Notes

Channel and Timing Planner

Topic	Better channel	Better timing	First sentence	Follow up plan

Week Four Repair and Redesign

What I value about this relationship

What is not working right now

Agreement we can test for two weeks

Boundary Implementation Tracker

Date	Boundary used	Context	Result	Next micro step

