

- · Acknowledge; Correct; MoveForward
- · I'm really nervous/scared/uncomfortable saying this and/but...
- · From my experience/perspective as [identity]...
- · I'm afraid I may offend someone, and please let me know if I do, but...
- · I'm not sure if this will make any sense, and/but...
- · Ijustfeltsomethingshiftinthespace. I'mwondering if anyone else did too.
- · It seems as though some people may have had a reaction to that. Can you help me understand why?
- · Can you help me understand whether what I'm thinking right now is problematic?
- · I'm having a "yeah but." Can you help me work through it?

