



LESSON C · COMMUNICATION · SCRIPT CARD

5 SCRIPTS + REHEARSAL PROTOCOL

Five scripts that survive pushback — plus the four-tick protocol that makes them stick.

Rehearsal protocol — tick all four before you need it:

1 READ IT SILENTLY 2 SAY IT OUT LOUD TO YOURSELF 3 MIRROR, FRIEND, OR VOICE MEMO 4 IN THE ROOM WHERE IT MATTERS

PRE-GAME

WE, NOT YOU

☐ ☐ ☐ ☐
 1 2 3 4

“Hey, before we get too into this, I want to make sure we’re both safe. Have you been tested recently?”

My version: _____

BARRIER PIVOT

PLEASURE, NOT PRECAUTION

☐ ☐ ☐ ☐
 1 2 3 4

“I like using condoms because they let me relax and enjoy you.”

My version: _____

BOUNDARY

YES TO THIS, NOT TO THAT

☐ ☐ ☐ ☐
 1 2 3 4

“I’m curious about trying [A] but not ready for [B] tonight. How do we make this good for both of us?”

My version: _____

GENTLE HOLD

HOLD WITHOUT APOLOGIZING

☐ ☐ ☐ ☐
 1 2 3 4

“I hear you, and this is still non-negotiable for me. It isn’t about trust — it’s how I take care of myself.”

My version: _____

EXIT LINE

LEAVING IS ALLOWED

☐ ☐ ☐ ☐
 1 2 3 4

“If we can’t find a way to make this safe for both of us, tonight isn’t happening — and that’s okay.”

My version: _____

If it sounds fake, rewrite it. Your words, your voice, your boundary. Scripts fail if you only read them once. You never apologize for keeping yourself safe.