



How to share something sensitive

A couple of familiar scenarios...

Sometimes we try to sort everything out internally before we feel “allowed” to share it. We don’t want to burden our person until it’s tidy, logical, or wrapped in a bow. In that space, we often struggle alone, and it can feel painfully isolating.

Or...

We start spilling everything at once — worries, fears, racing thoughts — and our person jumps straight into **fix-it mode** because it’s uncomfortable for them to see us struggle. In that space, we can end up feeling unheard, directed, or managed instead of understood.

The sweet spot is the **middle of the messy bits**.

Not after it’s polished — and not in an emotional explosion — but right in the uncertainty. That’s where we get **company**, not a mechanic. Someone who walks with us instead of trying to repair us.

The piece we usually miss?

Letting our person know **how we want them to show up** before we begin.

Telling them:

- this isn’t solved yet,
- it feels vulnerable,
- you don’t need fixing,
- you just don’t want to be alone inside it.
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When we speak our struggles out loud instead of letting them swirl in our heads, they change. We hear ourselves differently. We make more sense to ourselves. And in the presence of a compassionate witness, our nervous system often settles.

When our person isn’t fixing or directing, they still have a purpose — and a big one: to sit with us, to see us, and to remind us we don’t have to carry this alone.

Use the steps and script below when you have something uncomfortable or vulnerable to share — even if you’re still figuring it out as you go.

Steps

1. Let your person know what kind of sharing this is.

You might say it's:

- vulnerable
- confusing or not fully formed yet
- uncomfortable but important to say out loud
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Let them know that simply sharing with them — without fixing — will likely help you feel better.

2. Let them off the hook.

Explicitly say you're **not asking them to fix, solve, rescue, or take it on.**

Their job is presence, not performance.

3. Speak from "I" statements only.

Share your:

- feelings
- body sensations
- thoughts
- fears
- hopes
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Do not use this as the moment to air grievances about them — that's a different conversation and a different container. If you do, their defenses will naturally rise, and connection will drop. Be fair. Be kind.

Script

You can adapt the exact words to sound like you — keep the bones:

1. **"I have something I want to share, and I'm still sorting it out. Would you be willing to just listen?"**
2. **"I'm not looking for fixing or solutions. It would really help just to have you here with me while I say this out loud."**
3. **"Would that be okay? And is now a good time?"**
4. **"What I've been experiencing is... I've been feeling... The thoughts I'm having are..."**