

CONVERSATION SCRIPTS CHEAT SHEET

YOUR "WHEN LIFE GETS MESSY" SURVIVAL KIT

When they say:

"You're so inspiring!"

You can say:

"Thanks, but I'm really just living my life. Same as you."

When they say:

"I could never handle what you're going through."

You can say:

"You'd be surprised what you can handle when you have to."

When they say:

"Have you tried [insert miracle cure]?"

You can say:

"I've got a good medical team handling that, but thanks."

When they say:

"What happened to your leg?"

You can say:

"Medical reasons" (brief, professional)

- "I'd rather not get into it" (clear boundary)
- "It's complicated, but I'm managing fine" (acknowledges without details)

When they say:

"At least you can park closer!"

You can say:

"Yeah, the perks are endless." (with your best sarcastic smile)

When they say:

When medical professionals dismiss you:

You can say:

"I need you to document in my chart that you're refusing this test/treatment."

When they say:

When family/friends want to help but don't know how:

You can say:

"Actually, [specific request] would be really helpful right now."

When they say:

When you're having a bad day and someone asks how you're doing:

You can say:

"Having a rough day, but I'll get through it."

Remember: You don't owe anyone your story, your positivity, or your gratitude for their unsolicited opinions.