



Grey Rock Phrases

Say less. Mean it.

ACKNOWLEDGE

Okay.
I see.
Noted.
All right.
Got it.
Understood.

STAY NONCOMMITTAL

We'll see.
Possibly.
I'll think about it.
That's one perspective.
Hard to say.
Could be.

DECLINE THE EMOTION

I don't feel strongly about it.
I'm fine.
It's handled.
I'm good.
I heard you.

DISAGREE WITHOUT DEBATING

We disagree.
I see it differently.
I'm not going to argue about this.
I'm not getting into that.

CLOSE THE CONVERSATION

I don't have more to add.
I've said what I need to say.
We can leave it there.
I'm stepping away now.

AT WORK

Let me check and get back to you.
I'll follow up by email.
I don't have an opinion on that.
Let's keep this to the project.

NOT THIS

| "I'm sorry you *feel that way*."
| "To be fair..."
| "Let me explain."

| "Calm down."
| "You always..." / "You never..."
| "Because..."

Not therapy. Not a safety plan. If you are afraid of someone, Grey Rock is not the tool. Search "domestic violence helpline" and your country, or call your local emergency number.