ILLUSTRATIVE SAMPLE

Your Individual Reflection

Week 1 practice reflection / Fictional composite participant

YOUR PRACTICE EDGE

You can recognize a harmful remark quickly. Your next challenge is staying engaged once the other person pushes back.

WHAT YOUR REFLECTION SUGGESTS

In this fictional example, you describe speaking clearly when others seem receptive, then softening your position or changing the subject when someone questions your interpretation. Your awareness is an asset. The practice is learning to remain curious and accountable after your first response creates tension.

> “I can say something at first. When someone gets defensive, I start looking for a way to end the conversation.”

THE NEXT LAYER OF PRACTICE

Beginning the conversation matters, but the first sentence is only one moment. Practice noticing when you start managing another person’s reaction. You can ask what they heard, name your concern again, and leave space for disagreement without treating discomfort as proof that speaking was a mistake.

RELATED BASELINE NUMBERS

2.50	3.00	2.33	2.67	2.00
Overall	Awareness	Speaking Up	Communication Range	Staying Engaged

These are illustrative Cost of Silence baseline scores, not an Interruption Mirror score.

YOUR PRACTICE EDGE

1. **Notice the pivot.**
   Observe the moment your focus moves from the issue to making the other person comfortable.
2. **Ask one more question.**
   After a defensive response, ask what the other person heard before deciding the conversation is over.
3. **Distinguish risk from discomfort.**
   A tense exchange is not automatically unsafe. Consider the actual relationship and consequences.
4. **Practice staying.**
   Rehearse a calm follow-up in a lower-stakes setting, then reflect on what happened afterward.

A QUESTION TO CARRY FORWARD

What can I do when I have spoken up, but the room is not ready to agree with me?