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13 phrases to respond to disrespect:

When someone interrupts you,
Or brushes off your ideas.
Or takes a jab at your work,
Your instinct might be to fire back,
Or to go quiet and let it slide.
Both are understandable.
But neither is effective.

Better option:

- ✓ Pause before reacting
- ✓ Keep your tone steady and even
- ✓ And use simple language that draws a clear line

Here are 13 phrases you can lean on:

- 1) "I'm not comfortable with that"
✓ Flags the issue without escalation
- 2) "I've noticed you've spoken over me a few times"
✓ Brings attention to the pattern
- 3) "Could you explain what you mean"
✓ Invites fairness without being combative
- 4) "If this keeps up, I'll need to step away"
✓ Clear consequence while staying in control

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Here are 13 phrases you can rely on:

- 1) "I'm not comfortable with that tone"
✓ Brings attention to the pattern of calling
- 2) "Could you explain what you mean"
✓ Makes them own their words
- 4) "Respect goes both ways"
✓ Invites fairness without being combative
- 5) "If this keeps up, I'll need to step away"
✓ Clear consequence while staying in control
- 6) "Let's keep this constructive"
✓ Shifts the focus to professional standards
- 7) "That's crossing a boundary for me"
✓ Direct but not aggressive
- 8) "That comment wasn't needed"
✓ Calls out behaviour while staying measured
- 9) "I expect basic respect in this conversation"
✓ Asserts your right to dignity
- 10) "I can't continue if this tone continues"
✓ Limits their behaviour to your participation
- 11) "Let's focus on the issue, not the person"
✓ Keeps the conversation productive
- 12) "I've heard your side - here's mine"
✓ Balances listening with self-advocacy
- 13) "We can disagree and still keep it respectful"

We've all had moments where we've felt diminished.

What matters is how we handle them?