



20 Quick & Assertive Comebacks

Well With Raele Coaching Cheat Sheet

Sometimes we're on the receiving end of a question or statement that feels hurtful, disrespectful, or downright inappropriate. We all know the feeling - we're thrown off and caught off-guard, and before we know it, the opportunity to respond has passed. We eventually think of the perfect comeback...except hours have now passed since the interaction and we're home stewing in our thoughts.

Here is a list of responses you can use the next time this happens. These comebacks are quick one-liners that are direct and easy to remember. They let the person know they're out of line without getting overly defensive or confrontational. Hope these are useful if and when you ever need them!

1. *That's a strange thing to say.*
2. *What do you mean by that?*
3. *That wasn't kind.*
4. *That's an odd comment.*
5. *This is uncomfortable.*
6. *That's not very nice.*
7. *That could be worded in a nicer way.*
8. *That's a very bold thing to say/ask.*
9. *I'm surprised you feel comfortable saying that out loud.*
10. *What is your point?*
11. *Are you trying to be helpful or hurtful?*
12. *Not every thought needs to be said out loud.*
13. *I'm surprised you're bringing this up right now.*
14. *This comment/topic comes up often and it feels unnecessary.*
15. *This is poor timing.*
16. *There are kinder ways to ask this question.*
17. *I don't appreciate this approach.*
18. *That's a question I'd rather not answer.*
19. *That's harsh...*
20. *Can you repeat what you just said? I'm hoping I heard it wrong.*