

Communication Scripts: Neutral Tone

Copy-paste messages that stay calm and factual

STILL DAD

These scripts are tools. Adjust names and details. The goal is always: brief, factual, low emotion. Keep every message something you'd be comfortable showing a judge.

REQUESTING A SCHEDULE CHANGE

SCRIPT

I'd like to request a change to the schedule for [date/weekend]. I'm asking to [swap / extend / adjust] because [one-sentence reason]. Are you available to discuss? I can make it work either way: just want to confirm as early as possible.

RESPONDING TO AN ACCUSATION

SCRIPT

I understand you're concerned. My understanding of what happened is [brief factual account]. I'm happy to discuss this calmly if that would help. If there's a specific issue you'd like to resolve, let me know what you're proposing.

FOLLOWING UP ON A MISSED HANDOFF

SCRIPT

I was at [location] at [time] for the scheduled exchange. The kids were not there. Please let me know their location and when the exchange can happen. I'm documenting this and will follow up with my attorney if I don't hear back by [time].

DISCUSSING A KID'S MEDICAL ISSUE

SCRIPT

[Child's name] has [symptom / condition]. I [took them to / spoke with] [doctor's name] on [date]. They were advised to [treatment]. I wanted to make sure you have this information. Here is the doctor's recommendation: [summary]. Let me know if you have questions.

RESPONDING TO A HOSTILE MESSAGE (GRAY ROCK)

SCRIPT

I've noted your message. I'm focused on [child's name]'s wellbeing and on following the court order. I'll address anything schedule- or logistics-related. I won't be responding to personal commentary.

REQUESTING SCHOOL OR HEALTH INFORMATION

SCRIPT

Can you please share [the report card / appointment date / doctor's notes / school schedule] when you have a chance? I want to make sure I have the same information you do so we can both support [child's name] consistently.

PROPOSING A NEW AGREEMENT

SCRIPT

I'd like to propose [specific change] to how we handle [topic]. My reason is [brief, factual reason focused on the kids]. I'm open to discussing alternatives if you have a concern. Let me know your thoughts by [date] so we can plan ahead.

The tone goal: a bystander who reads your messages should feel no heat. If you can't send it calmly, wait. Write it, save it as a draft, and revisit in an hour.