

Prep One Hard Conversation

AI prepares the watchman. The watchman shows up.

There's a conversation you've been avoiding — with your wife, a kid, a partner, an elder. This is the rep. AI is the prep room where you find the kindest true words and anticipate the response. It is not the pulpit. You'll have the conversation by Friday, with no screen in the room.

THE ACTION

- Use Claude to prepare: clarify what you actually want to say, anticipate their response, find words that are both kind and true.
- Then have the conversation — without AI in the room.
 - The prep is for your nerve and your clarity, not for a script.
 - If you catch yourself reading off your phone, you've missed the point.
- Have it by Friday. Report in the channel that it shipped — not the contents, just that you showed up.
- Afterward, log two sentences: what landed, what you'd do differently.

SHOW UP SOBER AND PRESENT

They don't need a polished speech. They need you — clear, unhurried, and not hiding behind a screen. The prep is so you can be fully there, not partly performing.

SCRIPTURE

Ephesians 4:15 — "Speaking the truth in love." AI can help you find the words; only the Spirit gives the courage to say them face to face.