

Prep One Hard Conversation

AI prepares the captain. The captain shows up.

There's a conversation you've been avoiding with your wife. This is the rep. AI is the prep room, not the pulpit.

Action checklist

- Use Claude to prepare: clarify what you want to say, anticipate her response, find the kindest true words.
- Then have the conversation. Without AI in the room.
 - AI prepares the captain. The captain shows up.
 - If you find yourself reading off your phone, you've missed the point.
- Afterward, log 2 sentences: what landed, what you'd do differently.

BE GENTLE WITH HER

She doesn't need a polished speech. She needs you — sober, present, and not hiding behind a screen.

Scripture sit

Ephesians 4:15 — "Speak the truth in love." AI helps you find words; the Spirit gives you courage.

What I noticed

Captain's next move
