

# Prep One Hard Conversation

*AI prepares the captain. The captain shows up.*

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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

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## Captain's next move

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