Add-On Script

From Being Ready → Being With

(Use when the client shows hypervigilance, anticipatory thinking, rehearsing answers, or needing to "stay ahead.")

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1. Normalize the readiness strategy

Let's slow this moment down for a second…

(pause)

And notice something important.

(pause)

The need to be ready…
to have an answer…
to stay one step ahead…

Often isn't anxiety at its core.

(gentle)

It's intelligence shaped by pressure.

A system that learned:
"If I'm prepared, I'll be safe."

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2. Honor what readiness once provided

And if that strategy showed up for you…
it likely helped you survive uncertainty.

(pause)

It helped you avoid being caught off guard.
It helped you maintain footing when things felt unstable.

There is nothing wrong with that.

(important pause)

That was wisdom at one stage of life.

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3. Introduce the cost—without criticism

And now let's notice something gently…

(pause)

When you must always be ready…
always have an answer…

What happens to listening?

(pause)

To curiosity?

(pause)

To letting someone else surprise you?

(pause)

Readiness protects…
but it also narrows.

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4. Shift from readiness to relational intelligence

Now imagine something different…

(slow)

Imagine not needing to carry the whole answer alone.

(pause)

Imagine allowing others to contribute what they see…
what they know…
what their experience has taught them.

(pause)

Not because you are unprepared…
but because **shared understanding is richer than solitary certainty**.

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5. Reframe safety as interconnection

There is a different kind of safety here.

(gentle emphasis)

Not the safety of being ahead…
but the safety of being *with*.

(pause)

When answers are co-created…
when understanding emerges between people…

The system doesn't have to stay tight.

(pause)

It can relax into flexibility.

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6. Flexibility as the true preparedness

Notice this carefully…

(slow)

The most adaptable systems
are not the most prepared.

They are the most connected.

(pause)

They listen.
They adjust.
They respond in real time.

(pause)

And that responsiveness
is far more powerful
than having the answer in advance.