

# COMMUNICATION SCRIPT BPF

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## Purpose
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This script gives brothers a \*\*clear, repeatable structure\*\* for honest conversations - especially when things are busy, messy, or tense. It is not a performance. It is simply a \*\*framework to protect truth, honour and brotherhood\*\*.

You can use it:

- For weekly or monthly check-ins
- Before or after a major decision
- When there has been tension, distance or silence

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## Step 1 - Arrival & Honour (2-3 minutes)

\*\*Goal:\*\* calm the atmosphere and affirm the relationship.

Suggested phrases:

- "Brother, I value you. Thank you for showing up today."
- "This conversation is about clarity, not blame."

Keep it short but intentional. Look each other in the eye if in person. No phones on the table.

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## Step 2 - Reality Check (5-10 minutes each)

\*\*Goal:\*\* say clearly where you really are - no spin, no pretending.

Use this simple template:

1. \*\*State your headline:\*\*

- \_ "Headline: I feel stretched and close to burnout."\_
- \_ "Headline: I am excited about this new opportunity but unsure if it's wise."\_

2. \*\*Name your top 3 realities:\*\*

- \_ "Financially..."\_
- \_ "Emotionally..."\_
- \_ "Spiritually..."\_

3. \*\*Identify any pressure points:\*\*

- \_ "The biggest pressure right now is..."\_
- \_ "What keeps me awake at night is..."\_

No one interrupts. No fixing yet. Just listening to understand.

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## Step 3 - Truth & Feedback (5-10 minutes each)

\*\*Goal:\*\* speak the truth in love - clearly, respectfully, and without flattery.

The listening brother can use this pattern:

1. \*\*Reflect back:\*\*

- \_ "What I'm hearing is..."\_
- \_ "If I've understood you correctly, your key concern is..."\_

2. \*\*Ask clarifying questions:\*\*

- \_ "Help me understand what you mean when you say..."\_
- \_ "What are you most afraid might happen if you act / don't act?"\_

3. \*\*Offer truth and perspective:\*\*

- \_ "Can I be honest? From where I'm standing, this looks like..."\_
- \_ "I think the risk you're underestimating is..."\_
- \_ "I see strength in you here, but a blind spot here..."\_

Rule of thumb: \*\*no attacking, no sugar-coating, no gossip\*\*.

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## Step 4 - Decisions & Commitments (5-10 minutes)

\*\*Goal:\*\* leave with clear next steps - not just good feelings.

Each brother answers:

- \*\*1. What am I deciding?\*\*

- \_ "I will speak to my wife about this by Friday."\_
- \_ "I will say no to this deal, even though it looks lucrative."\_

- \*\*2. What will I do in the next 7 days?\*\*

- \_ "I will send you an update message by Wednesday evening."\_

- \*\*3. What support do I need from you?\*\*

- \_ "I need you to challenge me if I start to drift from this decision."\_
- \_ "Please ask me specifically about my thought life next week."\_

Agree \*\*one concrete follow-up date\*\*.

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## Step 5 - Pray & Bless (3-5 minutes) \_(optional but recommended)\_

For brothers of faith, close like this:

- One brother thanks God for the other by name.
- Pray specifically into the decisions made.
- Speak a simple blessing:
  - \_"Father, strengthen him to walk in truth, courage and honour."\_

If someone is not comfortable with prayer, you can still \*\*bless with words\*\*:

> \_"I honour your courage in saying this out loud. I believe you are capable of walking this out with wisdom and integrity."\_

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## Step 6 - Follow-Up Rhythm

To keep this script alive:

- Use it \*\*weekly for crisis seasons\*\*, \*\*monthly for normal seasons\*\*.
- Keep a simple log: date, headline, decisions.
- Review: \_"What have we kept? Where have we drifted? What needs repairing?"\_

This is how brotherhood moves from \*\*good intentions to disciplined loyalty\*\*.