FREE MINI-GUIDE · IF SOMEONE…

5 Calm Things to Say When Someone Yells



When voices rise, the right few words can lower them.

Before you say anything

Yelling is often stress, hurt or fear coming out loud. It explains the behavior. It never makes it okay. When someone yells, breathe out slowly, lower your own voice, and pick one of these lines.

01

“I want to hear you, but not while you're yelling.”

It tells them you care about what they're saying, and sets a limit on how they say it. Both are true at once.

02

“I can tell you're upset. I'll talk when it's calmer.”

Naming the feeling often lowers the volume. People yell louder when they feel unseen.

03

“I'm stepping out for 20 minutes. Then we'll talk.”

A break with a promise to return isn't walking out. It gives both alarm systems time to settle.

04

“Please lower your voice. Then I'll listen.”

Short and calm. No lecture, no blame, just the one thing you need right now.

05

“Can we pause? I want to get this right, not win.”

It turns a fight back into a team problem. Use it when you feel the argument speeding up.

What not to do

Don't yell back: two alarms make a bigger fire. Don't argue facts mid-storm: their thinking brain is offline for now. Don't say “Calm down!”: it often sounds like an attack. And don't apologize for things that aren't yours just to make it stop.

BONUS · THE PAUSE SIGNAL

On a calm day, agree on one word or hand sign that means “we stop now and come back in 20 minutes.” Either of you can use it, and nobody argues with it. It's one of the simplest ways to stop fights before they start.

Understanding isn't excusing. If you ever feel unsafe, skip every step here: leave and get help. In the US, the National Domestic Violence Hotline is 1-800-799-7233. You can also call or text 988. Elsewhere, contact your local emergency number or a domestic abuse helpline.

Want the whole picture?

If Someone You Love Yells at You decodes 12 reasons people yell, with what to say in the moment, the repair talk afterwards, and the signs it's no longer okay.

Get the full guide · $4.99