

Can I take a moment to think before I answer?

I need clarification on that.

**I'd like to circle back to something
we talked about earlier.**

I'm still processing — give me a sec.

I read this but need time to reply.

This message took a lot of energy to send — no need to respond fast.

I care, I just have low spoons today.

I see it differently — can I share?

I'm not ready to talk right now, but I will be later.

Can you support me by listening, not fixing?