



SimPRENA

Sceptical Phrase Guide

Telling someone "You are lying" directly can escalate tension, especially in sensitive situations. To express scepticism or address dishonesty in a non-confrontational way, you can use neutral, indirect or curiosity-driven language.

1. Ask for clarification or details

"Can you help me understand that a bit more?"

"I just want to make sure I'm clear on this; could you explain it again?"

2. Reflect discrepancies neutrally

"Something doesn't quite add up here—can we go over it again?"

"I'm noticing a little difference between what you said earlier and now. Could you clarify for me?"

3. Reframe as a misunderstanding

"Maybe there's been some miscommunication—can we check this together?"

"It seems like there might be some confusion. Let's sort it out."

4. Focus on verifiable facts

"I have some records that show something a little different. Can you clarify for me?"

"I want to be on the same page, but this detail seems off—what's your take on it?"

5. Use "I" statements

"I feel like there's something missing here. Can you help fill in the gaps?"

"I'm having a hard time understanding this part. Can we talk it through?"