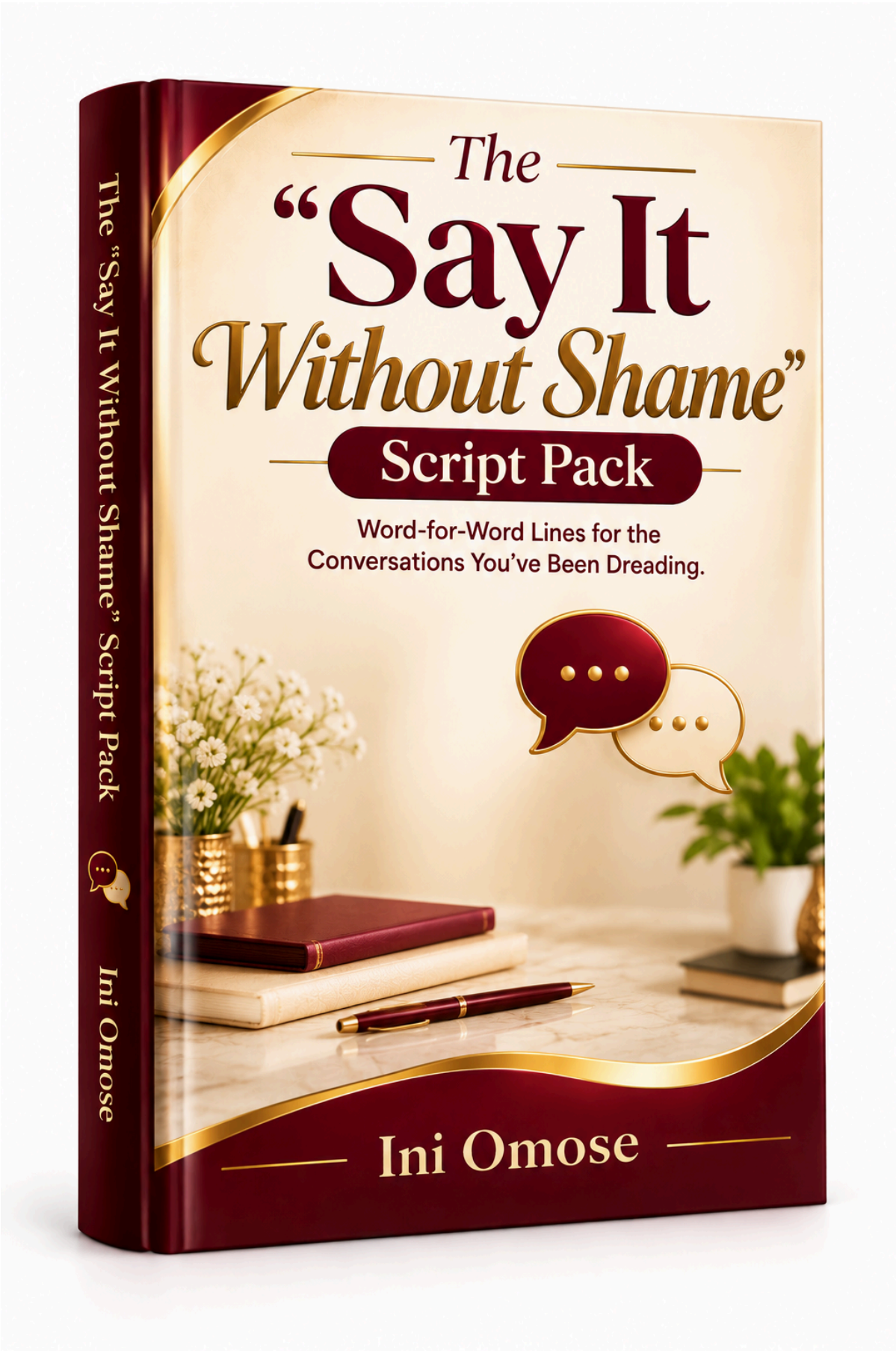
The "Say It Without Shame" Script Pack
Ini Omose
The
"Say It Without Shame"
Script Pack
Word-for-Word Lines for the Conversations You've Been Dreading.
Ini Omose

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Chapter 1

Why the Words Are the Hardest Part

Here's something I understood only after that night in Ikeja. The polite face hurt more than any words would have.

He didn't say anything. I didn't say anything. We both pretended. And I went home with a question I had no way of asking: what just happened?

That's the trap. When we don't have the words, we stay silent. And when we stay silent, the worry grows in the dark.

So this pack gives you the words, ready-made. You don't have to find them in the moment, when your heart is racing and your mind has gone blank. Just read them, practise them once or twice, and use them.

How to use this pack

1. **Read them out loud once.** Words feel very different in your mouth than on a page.
2. **Change them to sound like you.** If a line feels stiff, make it yours.
3. **Screenshot the ones you need most.** Keep them on your phone for the day you need them.
4. **You only need one line.** You don't have to say everything. One calm sentence is enough.

You are allowed to ask questions about your own body. You are allowed to answer a rude comment calmly. And you are allowed to say, "I'd rather not talk about that." Let's begin.

Chapter 2

At the Pharmacy or the Clinic

This is the conversation most women avoid. We'd rather buy another product than say the words to a professional.

Here's what I want you to remember. Pharmacists and doctors hear about sweat and body odour all the time. It's ordinary work for them. They aren't shocked, and they aren't judging you.

Starting the Conversation

Choose one of these. Say it plainly and move on.

> *"I've been worried about body odour, and I'd like some advice."*

> *"I sweat a lot, and I'd like to know if there's something I can use or do."*

> *"I want to ask about something a bit embarrassing, and I'd like to ask it quietly."*

> *"Can I speak to you in private for a minute?"*

That last one is a good one. In a busy pharmacy, you can ask to speak somewhere quieter.

Describing What's Going On

You don't need medical words. Just say what you notice.

> *"I notice the smell even after I've just bathed."*

> *"My underarms get very wet, even when I'm not hot."*

> *"The smell started recently, and it wasn't like this before."*

> *"My scalp itches, and there's a smell from my hair."*

> *"The sweating is making me avoid going out."*

Questions Worth Asking

> *“Is this normal, or is it worth checking?”*

> *“Is there a product that suits sensitive skin?”*

> *“Should I see a doctor about this?”*

> *“Is there anything I should stop using?”*

> *“What should I do if this doesn’t improve?”*

Telling Them About Your Skin

> *“I got a reaction when I tried a new product. Can I show you?”*

> *“My skin is sore under my arms. What should I use?”*

If You Feel Dismissed

Sometimes a professional is rushed, or you leave without answers. That’s not your fault.

> *“I’m still worried about this. Can we look at it again?”*

> *“Is there a specialist I should see?”*

> *“Could you write down what I should do next?”*

You’re allowed to ask for a second opinion.

A Small Tip

Write your questions in your phone notes before you go. If your mind goes blank, you can just read them out.

Chapter 3

When Someone Says Something

This is the one you fear most: someone makes a comment about how you smell.

First, a hard truth. It will hurt, even if it was said kindly. That's normal. Give yourself a moment before you decide what to say.

You also don't have to reply right away. You can say nothing and deal with it later.

The Calm Reply

If you want to respond in the moment, keep it short and steady.

> *"Thanks for letting me know."*

> *"Okay, I'll look into it."*

> *"I appreciate you telling me privately."*

You don't owe anyone a long explanation. A short answer keeps your power.

If the Comment Was Unkind or Public

If someone says it in front of others, or says it cruelly, you have the right to set a limit.

> *"That's not a comment I'm okay with."*

> *"I'd prefer you didn't talk about my body like that."*

> *"If you have a concern, please tell me privately."*

> *"Let's leave this topic."*

Say it calmly, without apologising.

If It's a Colleague or Boss

> *"Thank you for telling me. I'll take care of it."*

> *“I’d appreciate it if we could keep this between us.”*

If the comments are repeated, humiliating, or public, that isn’t acceptable. Speak to HR or a trusted senior person. You deserve to work without being mocked.

If It’s Family

Family can be blunt in a way that stings.

> *“I know you mean well, but that’s hard to hear.”*

> *“I’m working on it. Please don’t mention it in front of people.”*

If It’s Someone You Like

This one is tender. Here are lines for different moments.

> *“Thank you for being honest. That wasn’t easy to hear, but I’d rather know.”*

> *“I appreciate you telling me. I’m working on a routine, and I’d like to feel comfortable around you.”*

When You Weren’t Told, But You Noticed

Sometimes there’s no comment. Just a face, a step back, a pause.

Here’s what I wish I’d told myself. A reaction on its own isn’t proof. People step back for many reasons. You don’t have to build a whole story out of one moment.

If it keeps happening and it’s weighing on you, speak to someone you trust, or use the lines in Chapter 2.

What to Say to Yourself Afterwards

After a hard comment, the voice in your head can be the cruellest one. Replace it.

> *“That was painful, and I’m allowed to feel that.”*

> *“One comment doesn’t define me.”*

> *“I’m taking care of myself, and that’s what matters.”*

Write one of these down and keep it where you can see it.

Chapter 4

Telling a Friend Gently

Now let's flip it.

Maybe you've noticed something, or you think a friend might be struggling with the same worry you had. You want to help, but you're afraid of hurting her.

Please don't say nothing out of fear. But be very careful with how you do it. A clumsy comment can leave a scar. A gentle one can be a gift.

Before You Say Anything

Ask yourself these questions first.

1. **Am I sure it's my place?** A close friend can say it. A casual acquaintance usually shouldn't.
2. **Am I coming from kindness?** If you're annoyed or embarrassed, wait.
3. **Is there a private moment?** Never say this in a group, or in front of others.
4. **Am I ready for any reaction?** She may cry, go quiet, or get upset. That's okay.

Pick the Right Moment

- **A private place,** like a quiet corner, a car, or a phone call.
- **Not before something big,** like a presentation or a date.
- **Not when either of you is upset.**

The Gentle Openers

Start with care, then say the thing. Keep it short.

> *"I care about you, so I want to say something, and I hope it comes across the right way."*

> *"I wasn't sure whether to say this, but I'd want someone to tell me. Is it okay if I share something?"*

> *"This is a bit awkward, so please know it comes from love."*

The Sharing Line

Where it fits, share from your own experience. It makes it easier for her to listen.

> *“I went through something like this once, and a routine really helped me. Would you like me to share it?”*

> *“I’ve noticed a smell sometimes. It might be your clothes or the kitchen, and it can happen to anyone. I used to worry about it too.”*

Notice that this doesn’t say “you smell.” It says, “this can happen, and there’s help.”

If She Gets Upset

> *“I’m sorry. I didn’t say it to hurt you. I said it because I care.”*

> *“You don’t have to say anything now. I’m here whenever you want to talk.”*

Don’t argue, and don’t explain it three times. Give her space.

Offer Something Practical

Pointing out a problem without offering help can feel like a slap. Always offer something.

> *“If you’d like, I can send you what helped me.”*

> *“Want to go to the pharmacy together this weekend?”*

> *“I can help you sort your wardrobe if you’d like.”*

Then Follow Up Kindly

A few days later, send a warm message that has nothing to do with it.

> *“Thinking of you. Hope your week is going well.”*

This shows she is still valued and nothing has changed between you.

Chapter 5

Talking to the Man in Your Life

This is the conversation many women dread most. It might be someone you're dating, a husband, or a man you're just starting to like.

You don't have to tell him everything. But if it's weighing on you, a little honesty can take a lot of the pressure off.

Do You Need to Say Anything?

Not always. If you've built your routine and you feel fine, you may not need to say a word.

But if the worry is stopping you from being close, or you keep avoiding hugs or sitting near him, talking can bring relief.

If You're Just Starting to Date

Keep it light. You don't need a big confession.

> *"I get a bit self-conscious sometimes about how I smell after a long day. I'm working on it."*

> *"If you ever notice something, I'd rather you tell me kindly than pretend."*

That second line matters. It gives him permission to be honest with you, and it spares you the guessing I went through on that date.

If You're in a Relationship

> *"There's something I've been worried about, and it's not easy to say. Can I tell you?"*

> *"I've been feeling self-conscious about how I smell, and it's been making me pull away. I wanted you to know it's not about you."*

> *"Would you tell me if you ever noticed something? I'd rather know than keep wondering."*

If You're Married

> *"I've been worried about this for a while, and I feel better saying it to you. Can you be gentle with me while I work on it?"*

> *“I’m trying a new routine. If you notice a difference, I’d love to hear it.”*

If He Said Something Unkind

> *“That hurt. I’d like you to talk to me kindly about this.”*

> *“I’m working on it. I need you to be on my side.”*

> *“If you have a concern, I’m happy to hear it, but not like that.”*

A partner who cares will adjust. If someone repeatedly mocks your body, that is a problem with how he treats you, and it isn’t a flaw in you.

If You’re Pulling Away From Closeness

> *“I haven’t been as close lately, and I want you to know it isn’t about you. I’ve been self-conscious, and I’m working on it.”*

Many men are relieved to hear this. They often imagine something worse.

If You Want to Ask for Help

> *“Could you help me remember my routine?”*

> *“Would you tell me honestly if I’ve got a smell, so I don’t keep guessing?”*

Only ask this of someone you trust to be kind.

A Gentle Reminder

You don’t owe anyone a full explanation of your body. If a conversation feels unsafe or pushed, you can say:

> *“I’d rather not talk about this right now.”*

A Final Word

When the Words Finally Come

When I look back at that night in Ikeja, I realise I wasn't only missing a routine. I was missing words. I didn't know what to say, who to say it to, or how.

Now you have lines for the pharmacy, for the hard moments, for a friend, and for the man in your life.

You don't need to use them all. Pick one and start there. Maybe it's the line you say to a pharmacist, or the line you whisper to yourself after a hard day.

Silence made my worry grow. Words made it smaller. I hope the same is true for you.

With love,

Ini

Disclaimer

Please Read

This guide is for general information and personal support only. It is not medical, legal, or psychological advice. The scripts are suggestions, and every situation is different.

If you have persistent body odour, excessive sweating, skin problems, or ongoing anxiety, please speak to a qualified healthcare provider.

If you are experiencing harassment or abuse at work or in a relationship, please seek support from a trusted person, HR, or an appropriate service.