

Ask for a raise *without freezing.*

Most raise talks fail in the first ten seconds: vague opener, no numbers, no ask. Practice it with Claude first, out loud, with Claude playing your boss.

What you need:

1. Claude (free plan works)
2. Your last 6-12 months of wins, rough numbers are fine
3. 15 minutes

1 Build the 3-line pitch

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Help me write a 3-line raise pitch. Line 1: what I did (specific results). Line 2: what it saved or earned the company, in hours or dollars. Line 3: the exact raise I want, as a percent. Here are my wins: [paste]. Keep it under 40 words and make it sound like me, not a cover letter.

2 Let Claude play your boss

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Now roleplay as my manager. Be realistic, a little skeptical, and busy. I'll pitch you. Push back once with a common objection. After the practice, score me on clarity, confidence and numbers, and tell me the one thing to fix.

3 What to say when they say no

- "Not this year" → "Then let's pick a date to revisit it. What would you need to see from me by then?"
- "No budget" → "Understood. Can we put it in writing for the next cycle, and look at title or scope now?"
- "Let me think about it" → "Of course. Can we set 15 minutes next week to close it out?"

4 Check your number

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I'm a [job title] in [city] with [years] years of experience. What's a realistic salary range for this role right now, and what raise percent is normal for a strong year? Tell me where your numbers come from.

5 The day before

- Say the 3 lines out loud 3 times
- Write your number on paper so you don't round down
- Book the meeting; don't ask in the hallway

Practice with Claude; the real conversation is yours. Salary ranges from Claude are a starting point, so check a second source.

Say the number. Then stop talking.

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