

Difficult Conversations - Looking Within

Use the questions below to help you explore your current relationship with difficult conversations:

IDENTIFYING TRIGGERS:

What did those closest to you argue about while you were growing up (quality time, money, responsibilities, etc.)?

What subjects, conditions or circumstances make a conversation a difficult one (anger is present, conflicting views, being rushed or ignored, etc.)?

Make a list of your last 3 difficult conversations - write down any recurring themes.

IDENTIFYING INDICATIONS/SYMPTOMS:

What are signs that you're in a difficult conversation or you're thinking about initiating one (racing heart, sweaty palms, tightness in throat)?

Ask someone you trust, how do they know a conversation has turned difficult for you. Does your voice raise, do you go silent, do you leave, does your tone change, do you curse)?

IDENTIFYING BEHAVIORS:

When I was a child, how did my caregiver(s) handle difficult conversations? How does this relate to how I handle them now, as an adult?

How do I behave during difficult conversations? How do these behaviors serve me and how do they hold me back? Ask someone you trust if you get stuck.

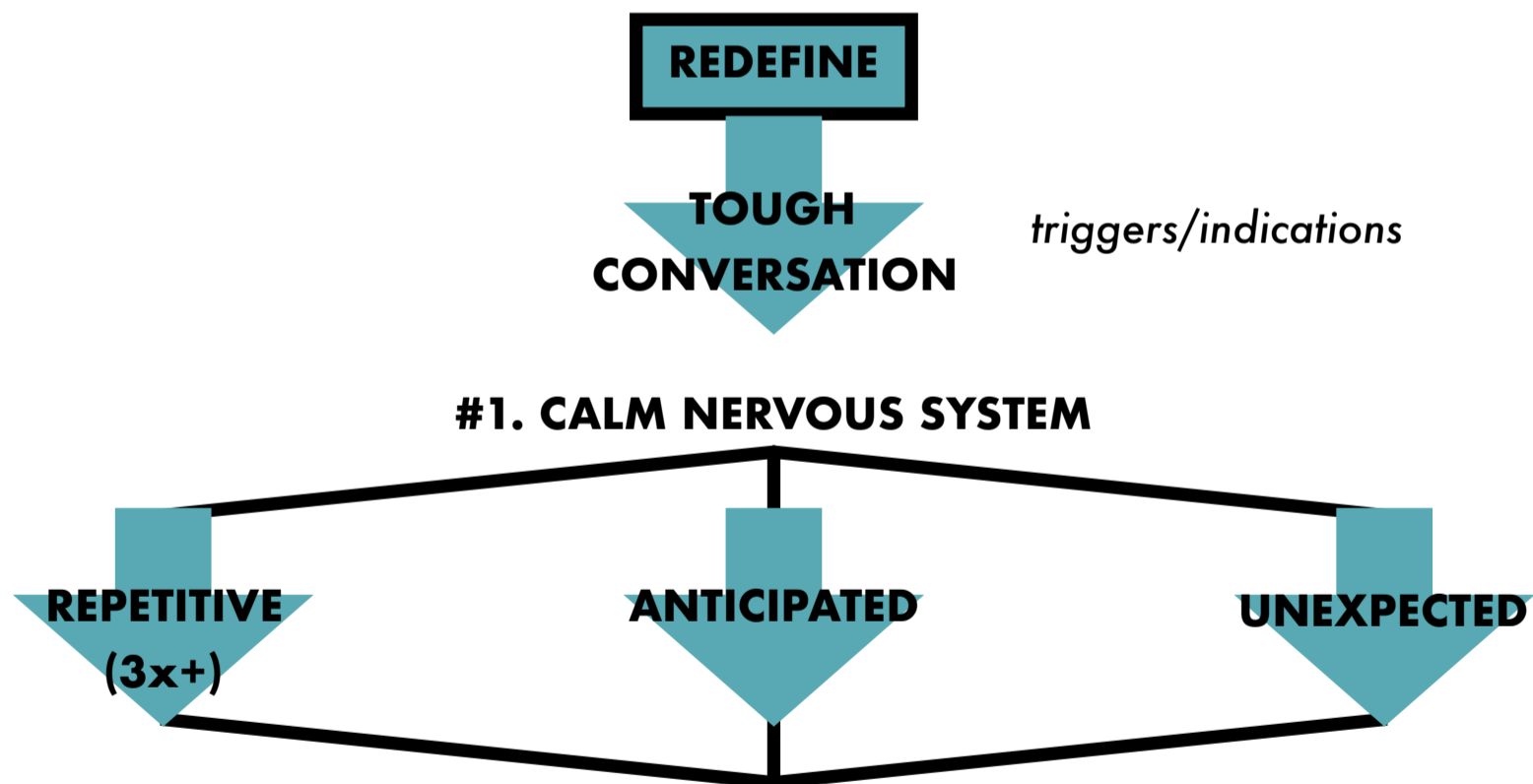
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DEFINING DIFFICULT CONVERSATIONS:

What did my culture, upbringing and experiences teach me as a child about difficult conversations? How have those lessons served me and held me back in my ability to successfully conduct difficult conversations?

What is the most supportive way you can define “difficult conversations”?



- #2. Identify underlining problem**
- #3. Take responsibility**
- #4. Know what you want**
- #5. Strive to soothe vs. defend**