

PREPARING FOR THE CONVERSATIONS YOU WANT TO AVOID



1. Prepare - Emotionally & Mentally
 - understand your own emotions and perspectives
 - what fears do you have about this conversation
 - what biases do you have
 - what do you hope for the outcome
 - what do you want to say, including why it's important to you
 - what you anticipate, and how you can respond
 - why is this conversation important to you
2. Choose the Right Time & Place
 - a time that is suitable for everyone and not rushed
 - a place that is quiet and without noise or distractions
 - it is private
3. Create a Safe & Respectful Atmosphere
 - set a positive tone
 - explain why the conversation is important to you
 - state what you are afraid of and what you hope to achieve
4. Be Clear & Concise
 - make notes for important points you want to share
 - include what matters to you most and WHY
 - use "I" statements, such as "I feel" - not "you do"
 - ask for their support and cooperation
5. Review & Reflect
 - review how it went
 - reflect on what went well & what didn't
 - use these insights for the next conversation



*“Sometimes the most painful thing is not what we say —
but what we spend years never allowing ourselves to say at all.”*

FINDING THE WORDS TO BEGIN



Sometimes the hardest part of an important conversation is simply knowing how to start.

You don't need the perfect words. You don't need to explain everything in the first few sentences. You simply need an opening that is honest, respectful, and lets the other person know why the conversation matters to you.

You might begin with:

"There's something I've been wanting to talk with you about, and I've been putting it off because I'm not quite sure how to say it. But our relationship matters to me, and I don't want to keep avoiding something that has been weighing on me."

Then you might continue:

"I'm not bringing this up to blame or create an argument. I want to be honest about how I've been feeling and hopefully understand your perspective too."

And then move gently into what you need to say:

"What I've been noticing is..."

"I've realized that I've been feeling..."

"Something that has been difficult for me is..."

"What I haven't known how to tell you is..."

"What I need you to understand is..."

If you're especially nervous. **It is okay to name that too:**

"I'm nervous about having this conversation because I care about you, and I'm afraid I won't say this well. But I feel saying it imperfectly is better than not saying it at all."

Before you begin, remember:

Your goal is not to convince the other person to agree with you. It may simply be to speak honestly, listen openly, and remain connected to yourself while you do.

You are responsible for speaking your truth with care. You are not responsible for controlling how another person receives it.