Before the Hard Conversation

Read it once before you walk in. Put both feet on the floor and take a breath at your own pace. Think about one actual conversation.

What am I feeling, and what do I know happened?

Write the event in language both people could recognize.

What am I assuming?

Write your interpretation on its own line.

What do I want to do here?

Understand them, say something honestly, own my behavior or decide something together.

My first honest sentence

Example: I got defensive when you brought up dinner. I want to hear how it landed.

My pause and return

If I need a pause, how will I ask for one and agree on a time to come back?