

Name _____ Date _____

"DIFFICULT CONVERSATION" PREPARATION

UNDERSTAND "WHAT HAPPENED"

What is the problem from my point of view?	What is the problem from their point of view?
What are my relevant past experiences?	What past experiences are relevant?

FEELINGS

How do I feel about this situation?	What might they be feeling?
Which feeling make sense to share?	

IDENTITY

What do I fear this situation says about me?	What might they think the situation says about them?
What is the true about this? and what is not?	

PURPOSE

What is my purpose for having this conversation?
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