

DIFFICULT CONVERSATION

PREP NOTES

PREPARE FOR YOUR DIFFICULT CONVERSATION BY WALKING THROUGH
THE THREE CONVERSATIONS

WHAT HAPPENED

MULTIPLE STORIES

WHAT'S MY STORY?

WHAT'S THEIR STORY?

IMPACT/INTENT

MY INTENTION

IMPACT ON ME

THEIR INTENTION???

IMPACT ON THEM??

CONTRIBUTION

WHAT DID I CONTRIBUTE TO THE PROBLEM?

WHAT DID HE CONTRIBUTE?

FEELINGS

WHAT FEELINGS UNDERLIE MY ATTRIBUTIONS AND JUDGEMENTS?

IDENTITY ISSUES

HOW DOES WHAT HAPPENED THREATEN MY IDENTITY?

