

Difficult Conversation Plan

Starting a difficult conversation can feel intimidating. If you are finding yourself needing to talk to someone about something difficult, a little pre-planning may help.

Why do you want/need to have this conversation? What do you hope will happen?

How will I start the conversation?

- Can I talk to you about something that's important to me?
- I'm sorry if I....
- I'd really like to talk with you about...

How will I share my story/feelings?

- I feel..... when because
- I felt.....when.....because.....
- I want.....because.....

What questions can I ask them to get their perspective?

- How do you feel about....
- What do you think about....
- Are you feeling....about....

What are some simple solutions that I can suggest?

- Maybe we can.....
- Would you consider.....