

HOW TO HAVE CONVERSATIONS YOU “DON’T WANT TO HAVE”

I am so glad you decided to invest in yourself and your relationships by reading this guide. Relationships are the most valuable currency in our world. I hope this helps you to give your best and get the most out of your significant relationships.

– Coach Drew

Here are some things to consider for those important conversations that you anticipate will be difficult. Writing your answers alongside these 7 principles will help you think through **AND** follow through with your conversations.

1. Remind yourself of the reasons this conversation is so important. Consider what could happen to the relationship if you don’t share what’s on your heart.
2. Acknowledge how you are feeling. You may feel nervous, hesitant, guilty, conflicted, confused... or all of the above. Understanding the beliefs attached to these feelings will help you figure out whether or not your hesitation is self-serving, based on unhelpful patterns from your early life experiences or a matter of your personal safety.
3. Define the best time and place. Checking if the person has the time and energy to hear you out is very important and can make a big difference in their reception and response.
4. Make a request. Asking people to hear you out till the end, to be seated or to try to remain calm is not a guarantee that they will, but it can be something they use to help manage their response.
5. Give them the option to respond right away or to take the time they need.
6. Share your reasons for being honest. Again, it may not guarantee the response you desire, yet some people can be upset and still appreciate the values you share and what it took to be transparent.
7. Be clear and succinct. Get to the point. Try not to dance around too much as this may irritate the person who is trying to be patient.

Caution: These guidelines, like any other self-help material, are not rules or a formula that can guarantee results or ensure you remain safe. These are principles that aid healthy communication. So, please remember to consider the context of your relationships so you can be safe, both physically and emotionally. If I can be of support, send me an email: info@coachdrew.ca