

# Tips for Having Difficult Conversations

Learning how to have difficult conversations with the important people in your life, is a skill that takes time and practice. For some this involves learning that their voice matters. For others this might involve planning the conversation out along with specific logistical details including time and place. This graphic will talk you through important steps to consider when having difficult conversations with friends and family.

## Know your intention before going into the conversation

The topic of the conversation should be specific. Be prepared to provide specific examples to help the individual better understand the message you are conveying to them

## Plan Ahead

Plan out what you are going to say ahead of time. Engage in self reflection with the following questions:

- What is happening?
- Why is this happening?
- What would happen if you ignored the problem? How would you feel?
- How is this affecting your relationship?

## During the Conversation

Utilize I-statements. I-Statements allow you.

to express emotions rather than accusations.

Work together to establish collaborative solutions, whenever possible.