

COMMUNICATION

Say the thing you're avoiding saying

The hardest part of a hard conversation is usually the first sentence. Work it out here, before you need it.

THE POINT

What I actually want them to understand is...

WHAT DERAILS IT

What usually gets in the way of this conversation...

HOW TO OPEN IT

One way to start this without it turning into a fight...

TO FEEL HEARD

What would actually help me feel heard here is...

IF IT GOES SIDEWAYS

If this turns into an argument, what I'll do is...
