



HARD CONVERSATION CHECKLIST

1. GROUND FIRST

Before you think about words, check the body. Take three slow breaths. Unclench your jaw. Drop your shoulders. Feel your feet or seat.

- What **sensations** are present right now?
- What **emotion** feels most alive in my body?

2. NAME THE CONVERSATION

- **Who** is the conversation with?
- **What type** of conversation is this: Repair, Boundary setting, Realignment, or Closure?
- **What** has made this conversation feel hard to initiate?

3. FACTS & STORIES

- What have you directly **observed**: actions, patterns, words spoken, frequency or timing?
- **What story** has your mind been telling about these facts?

4. CLARIFY

- I have been feeling:

- Because I am needing:

- What matters most to me here is:

5. CHOOSE FRAMEWORK

Non Violent Communication Model:

Observation + Feelings + Need + Request

Clearing Model:

Acknowledge + Pattern + Responsibility + Request/Closure

6. RELEASE

I am responsible for showing up with integrity. I am not responsible for

