



# 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*

