

DAY THREE

# HARD CONVERSATIONS



PHOTO BY PRISCILLA DU PREEZ ON UNSPLASH

## How to Have a Hard Conversation: The 5 C's with Andelin Price

When an argument arises, it's easy to fall into the trap of blaming or accusing each other, especially when emotions are running high. Bringing up touchy subjects might trigger defensiveness and escalate the conflict, or you might just try to avoid it altogether. In Day 3 we focus on expressing your own feelings and creating space for both of you to understand each other's perspectives. It's time to resolve those revolving-door conflicts, once and for all!



# MEET ANDELIN PRICE

Andelin Price is a devoted relationship coach with a heart for helping couples and individuals strengthen their bonds and rediscover love in their relationships.

Known for her empathetic and insightful approach, Andelin has dedicated her career to empowering couples and teaching them the skills they need to navigate the complexities of relationships with confidence and grace.

Drawing from her personal experiences and professional expertise, she provides a safe space for her clients to heal, grow, and build lasting connection and intimacy.

With a background in communication and conflict resolution, Andelin specializes in guiding couples through challenges such as trust issues, emotional disconnection, and misaligned expectations. Her coaching is deeply rooted in the belief that relationships thrive when both partners are willing to grow, individually and together.

Through practical tools, heartfelt advice, and personalized strategies, she equips her clients to face difficulties head-on while fostering understanding, respect, and intimacy.

## Workbook Questions

WHAT IS ONE TOPIC YOU WISH YOU COULD TALK ABOUT WITHOUT FIGHTING EVERY TIME? (THIS IS YOUR "TRICKY TOPIC")

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THE FIRST "C" IS: \_\_\_\_\_

THREE THINGS THAT HELP ME FEEL SAFE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

THE SECOND "C" IS: \_\_\_\_\_

REGARDING YOUR "TRICKY TOPIC" ANSWER THE FOLLOWING QUESTIONS:

WHAT IS YOUR SPOUSE'S PERSPECTIVE (TO THE BEST OF YOUR KNOWLEDGE)?

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WHY IS THIS TOPIC IMPORTANT TO YOU?

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LIST 3 THINGS YOU LOVE ABOUT YOUR SPOUSE, AND 3 THINGS YOU LOVE ABOUT YOURSELF.

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THE THIRD "C" IS: \_\_\_\_\_

WRITE THREE THINGS TO REMEMBER WHEN BRINGING UP THIS TRICKY TOPIC

1. ....
2. ....
3. ....

THE FOURTH "C" IS: \_\_\_\_\_

WHAT HELPS YOU FEEL CONNECTED?

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WHAT HELPS YOUR SPOUSE FEEL CONNECTED?

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DESCRIBE THE 5/3/5/3 RULE:

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THE FIFTH "C" IS: \_\_\_\_\_

LIST 5 SUGGESTED WAYS TO HELP YOURSELF STAY CALM

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