

Courageous Conversations

ACTION PLANNING WORKSHEET

at
HER
BEST

Managing Tricky Situations

What if I don't believe in the message I want to deliver? *My tips:*

What if it's hard to put myself in their position? *My tips:*

What if their response is entirely negative? *My tips:*

Make It Work

Record blocks and releases for your next conversation.

What might stop you from holding this conversation successfully?

How will you overcome these barriers?

What's the worse case scenario that could happen?

What safety skills would you use to address it (apology, contrast, create mutual purpose)?

How will you alleviate any fight/flight behaviors for your counterpart?