

Difficult Conversation Planning Worksheet

1. What conversation am I avoiding?

2. Why am I avoiding it?

- ☐ Fear of conflict
- ☐ Fear of hurting someone
- ☐ Fear of rejection
- ☐ Fear of being misunderstood
- ☐ Unsure what to say
- ☐ Other: _____

3. What is my goal?

4. What emotions am I bringing into this conversation?

5. What assumptions am I making?

A. What evidence supports those assumptions?

B. What evidence challenges those assumptions?

6. How do I want to begin?

“I’ve been wanting to talk with you about...”