



My 'Hard Topics' Planner

My story:

What do I think the problem is?

Why do I think that?
(reasons or facts)

How I acted:

How did I help make this happen?

My Intention:

What did I want and why?

My Impact:

What happened to me because of this problem?



Their story:

What do they think about the problem?

Why do they think that?
(reasons or facts)

How they acted:

How did they help make this happen?

Their Intention:

What did they want and why?

Their Impact:

What happened to them because of this problem?



Considering Feelings:

My feelings:

How do I feel about this right now?

Which feelings should I share?

What happened to make me feel like this?

What about this problem makes me feel bad about myself?

How will that effect me in the future?

What doesn't matter to how I feel?



Their feelings:

How might they feel about this problem?

Choosing purpose:

What do I want to happen and how do I want to feel about our friendship?



Planning the talk:



Now that you have thought about the problem do you still think you should talk with them about it? If yes, when?

How you will do it:

Purpose: What is your reason for having the talk?
What do you hope happens?



The Start-up: How will you start the talk? What do you know about what they think that can help you start?

Curious Questions: What can you ask to help them explain more of what they think?



Sharing your side: What main things will you focus on to explain your thoughts and feelings?

How you will problem solve: What problems do you think might come up? How can you solve them?

