

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:

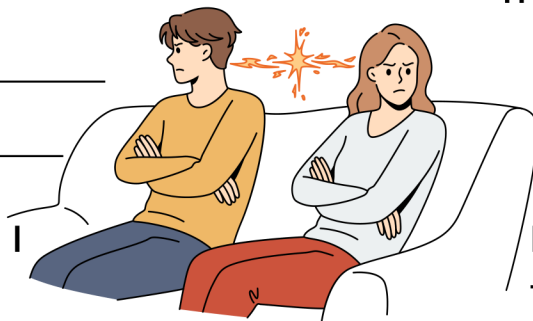
What happened to them because of this problem?



Considering Feelings:

My feelings:

How do I feel about this right now?



What about this problem makes me feel bad about myself?

Which feelings should I share?

How will that effect me in the future?

What happened to make me feel like this?



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?