

UNSTUCK

HOW TO DEFUSE A DIFFICULT CONVERSATION



When you have a hard conversation ahead of you, your emotions start running high just thinking about it. Use this worksheet to unpack your story and get it in check — reimagine it, retell it, and defuse it.

FIRST, GET IT OFF YOUR CHEST.

Write down the negative story you're telling yourself:

What do you think is in the other person's head?

**How or why do you think the conversation will go badly?
List every reason.**

NOW, FLIP THE SCRIPT.

Many times the negative story you tell yourself is something you've made up. It's your negative fantasy. So now tell yourself the positive story.

What else could be going on in the other person's head?

What would it look like if the conversation went better than you could possibly imagine?

Remember, your positive story is just as likely to be true as your negative one. By focusing on the positive, you're more likely to bring the right energy to the conversation and create a positive, self-fulfilling prophecy instead of a negative outcome.