



Name: _____ Date: _____

Navigating Hard Conversations

Question 1. Consider a time you had a difficult conversation about a sensitive topic. How did your body respond during the conversation? What emotions did you feel? How did those feelings affect your ability to communicate? How did you engage in the dialogue?



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Question 2. In the conversation you reflected on above, consider what specific characteristics made the conversation hard. Why was this conversation important to have?



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Scenario Activity

Discussion Questions:

1. What emotions do you think both people in each conversation are feeling? How do those emotions impact the way the conversation unfolds?
2. What might happen next?
3. What specific actions or words could help the conversations stay respectful and productive? How might this impact the outcome?
4. What was challenging for the people involved in the conversations?