

**~ Courage Dear Heart ~ Worksheet 2 - October 2024**

Use this worksheet to prep for your Courageous Conversation.

1. **OUTCOME:** Know it in advance. Talk to the responsible person. What do you want? Define the solution you desire. Who do you need to speak to?

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1. **HEADS UP:** Let them brace. Acknowledge your responsibility if appropriate. Establish VALUE in the relationship. Ask if this is an okay time to have it.

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1. **FEELINGS:** *Use ”I” statements. What are you feeling? Disrespected? Undervalued? Scared?*

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1. **BEHAVIOUR:** *Be SPECIFIC. Use exact examples of the behaviour that is bothering you without the I’m right/you’re wrong. Keep it factual and super specific.*

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1. **IMPACT:** *What impact is this behaviour creating? What you fear if it continues.*

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1. **OUTCOME:** *Tell the other person EXACTLY what you would prefer.*

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1. **GAIN AGREEMENT:** *“Does that seem reasonable to you?”*

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1. **APPRECIATION:** *Show appreciation for having had a difficult conversation together.*

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1. **CONSEQUENCES (if necessary):** Spell out what you will do and if nothing changes and FOLLOW THROUGH.

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Your courage is bigger than you fear: you can do this!

'*A person's success in life can usually be measured by the number of uncomfortable* ***conversations*** *he or she is willing to have.*’ ~ Tim Ferriss