



Beginning Hard Talks

Relationships & connection • Printable practice

A short preparation worksheet for deciding how, when, and why to start a sensitive conversation.

Choose the right time

Ask if the other person has the capacity for a conversation, and agree on a later time if needed.

Name the topic and shared purpose

Say what you want to discuss and why it matters to the relationship; keep the opening focused on one issue.

Make one clear request

Ask for a specific action or a joint brainstorming session. Be open to a different workable solution.

Try it together

1. I want to talk about... because...

2. A calm opening sentence I could use is...

3. One question I want to ask, rather than assume, is...
