

Exercise #1

Your Most Difficult Three

In this exercise you will take a few moments to understand and identify what factors make a Difficult Conversation difficult for you.

1. Think by yourself for a minute and come up with three examples of difficult conversations based on the factors we've discussed.
2. After working individually, compare and discuss your answers with others in the workshop.

What contributed most to whether a conversation was difficult for you?

- Specific subjects? If so, identify what types?
- Certain contexts? What are they?
- A certain role? What role?
- Certain people or personalities? Can you identify them?
- Was it personal chemistry?
- Was it fear? What was there to be afraid of?

1. My difficult conversation was about:

2. The factors involved from the above list include:

3. The conversation made me feel...

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