

Exercise #2

IT'S NOT! BUT WHAT IF IT'S ME?

In this exercise we take the opportunity to turn the mirror on ourselves (aaagghhhh!) and consider how we might contribute to the difficulty factor of certain conversations and relationships that we have. This is tough to do. This exercise is personal, and no one will be required to share information that they deem private.

1. Sit for a minute and think about past difficult conversations. Specifically think about how you felt, what you said, and how you may have acted (your mood and affect) toward the person you were talking to.
2. Neutrally evaluate how your feelings, words, and manner may have contributed to the difficulty of the conversation, or the quality of some of your relationships. Try to view yourself as others might, then answer the questions below.

Part 1 - What pushes your buttons and makes you difficult to talk to?

- Is it specific subjects? If so, what subjects?
- Is it certain social or professional contexts? What are they?
- Is it when you find yourself in a certain role? Or respond to people in certain roles?
- Is it specific types of people or personalities? Can you identify them?
- Is it some kind of anti-chemistry? With whom?
- Is it fear? What is there to be afraid of?

Part 2 - in these situations...

- How might your feelings impact the quality of the conversation? Can you identify the feelings you experience?
- What do you say, or did you say, that may have added to the difficulty of the conversation?
- Do you project a mood? Or act in a certain way? That may increase the difficulty of the conversation?
- Do you get a secondary gain from being difficult to talk to in these situations? What is it?