

Hard Conversations Worksheet

1 I will have a hard conversation with
NAME(S) _____ **about:**

.....
.....
.....

This conversation will happen by MM / DD / YYYY

2 I will determine who my allies will be:

(These are friend(s) or coworker(s) I will talk to before the conversation, who will help me prepare and support me.)

.....
.....
.....

3 I will have my allies help me in the following ways: CHECK ALL THAT APPLY

- Discuss my approach to the conversation beforehand.
- Be with me during the conversation.
- Be a support for me or the person I'll be talking with after the conversation.

4 I think the best place for this conversation to happen is:

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.....

For more resources that help you have healthy conversations with your child or teen, visit TalkHeart2Heart.org

5 I will take these steps to follow up on the conversation and be sure it had impact:

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.....
.....

TALK

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