**Playbook to Inject the Healthy Undercurrent of Safety & Openness**

*Unhealed Wound Seed*

Special Outing for Face-to-Face Conversations



**Who:**

* Mom, Dad and Sarah

**What:**

* Dad and Sarah will sit together for 30 minutes to have a “difficult conversation”. Mom will be the observer.

**When:**

* Every Saturday morning at 10 am

**Where:**

* On a park bench at a local park (In case of inclement weather, Mom, Sarah and Dad will go to a restaurant and sit in a private booth)

**How:**

* **Everyone’s role:**Mom, Dad, and Sarah will each read the book titled “Difficult Conversations: How to Discuss what matters most” by Douglas Stone, Bruce Patton, and Sheila Heen.
* **Mom’s role:**Mom will not attempt to pry into Sarah and her dad’s conversations by providing any type of feedback or comments. She will simply be an observer and supporter to them both.
* **Dad’s role:**  Dad will physically come and pick up Sarah and her mom for these special outings and will always call if something unavoidable interferes with the scheduled outing.
* **Sarah’s role:**Sarah and dad will each take turns preparing for each “difficult conversation” each week by following the template on the next page.

**Special Outing for Face-to-Face Conversations (Continued)**

**A Difficult Conversation Checklist**

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| **Step 1:  Prepare by Walking Through the Three Conversations (The What Happened Conversation; The Feelings Conversation; and the Identity Conversation)** |
| 1. Sort out **What Happened**  * Where does your story come from (information, past experiences)? * What impact has this story had on you?  1. Understand **Emotions**  * What emotions do you experience in this story?  1. Ground your **Identity**  * What is at stake for you in this story?  What do you need to accept to be better grounded/safe/secure, etc. within this story? |
| **Step 2:  Check Your Purposes and Decide Whether to Raise the Issue** |
| 1. **Purposes:**  What do you hope to accomplish by having this conversation?  Shift your stance to support learning, sharing, and problem solving. 2. **Deciding:**  Is this the best way to address the issue and achieve your purposes? 3. **Conversation:** If you do not raise this issue/share this story, what can you do to help yourself let go? |
| **Step 3:  Start with the Story** |
| 1. **Describe the story and its impact on you**. Include the emotions you experience within the story and what you need 2. Share your **purposes.** 3. **Invite** them to join you as a partner in sorting out the situation together. |
| **Step 4:  Explore Their Story and Yours** |
| * **Listen to understand** their perspective on the story.  Ask questions.  Acknowledge the feelings behind any arguments and accusations.  Paraphrase to see if you’ve got it.  Try to unravel how the two of you got to this place. * **Share your own viewpoint**, your past experiences, intentions, feelings. * **Stay objective by reframing** truth to perceptions, blame to contribution, accusations to feelings, and so on. |
| **Step 5:  Problem-Solving** |
| * Invent **options** that meet each side’s most important concerns and interests. * Look to **standards** for what *should* happen.  Keep in mind the standard of mutual caretaking; relationships that always go one way rarely last. * Talk about how to keep **communication** open as you go forward. |