

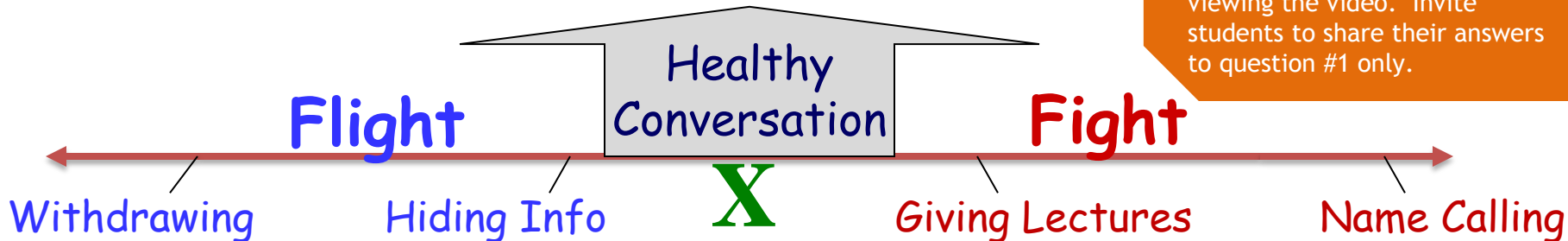
What if I told you there's one thing you do every day that has a huge impact on each of your relationships, and yet you've never been taught how to do it well? This one skill can help you get along with teachers, coaches, moms, dads, boyfriends and girlfriends...and the sooner you learn it, the nicer people will treat you wherever you go.

I'm talking about the art of healthy conversations. Think about it... some conversations are positive and they bring people closer together. But some conversations go south in a hurry, leaving people feeling frustrated, or hurt, and sometimes angry. In each case, conversation skill.....or lack of skill..... is the single biggest factor that determines how we get along with others. Let's take a look at what's going on in your conversations.

**LEARNING OBJECTIVE:**

The student will learn effective and ineffective methods of healthy dialogue with others.

**INSTRUCTIONS:** Distribute the handout to students after viewing the video. Invite students to share their answers to question #1 only.



Here's the challenge: for the next week pay attention to your conversations. Be aware of when you head toward FIGHT or toward FLIGHT. Do your best to add your information to the conversation pool without trying to control the outcome – and then just see how well you get along with everyone in your life.

### CLASS DISCUSSION POINTS

1. How can you tell when you've had a really good conversation with someone?
2. What's it like when a conversation doesn't go well. Describe the ingredients.
3. Why do some people give lectures while others tend to clam up and withdraw?
4. How should people learn more about the skills of healthy conversations?

1

What are the signs of disrespect creeping into a conversation, and why does it usually ruin the dialogue?

Shared answer

2

In what situations could you do a better job of adding to the pool of information without trying to control the outcome? With whom?

Private answer