

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: HAVING A CHALLENGING CONVERSATION



Challenging conversations help us grow and learn from one another. Want to have a tough conversation, but unsure how to approach it?

Throughout our lives, we may have to engage in challenging conversations. With the current ongoing events, we may feel even more called to participate in difficult conversations today. Challenging conversations are critical to our growth. They allow us to share our thoughts, experience, and knowledge with another person, while also learning from that individual. These talks may be tough, but should not be avoided.

Courage can be defined as thinking something is scary, and doing it anyway. It may take courage to stand up for someone else when you see somebody wrong them. Engaging in a challenging conversation may also take courage. In order for a tough conversation to be constructive, it may be helpful to follow the following steps.

Practice Courage Today:



1. BE PREPARED TO LISTEN. THE PERSON YOU SPEAK WITH MAY HAVE AN OPINION OR KNOWLEDGE ON THE TOPIC THAT YOU DO NOT. BE SURE TO NOT INTERRUPT.
2. REMAIN CALM. IF YOU BEGIN TO FEEL UPSET OR ANGRY, ACKNOWLEDGE YOUR EMOTIONS TO THE OTHER PERSON, TAKE A DEEP BREATH, AND COME BACK TO YOUR CALM STATE. THIS WILL HELP THE CONVERSATION CONTINUE.
3. USE THE CONVERSATION TO LEARN FROM ONE ANOTHER AND PROBLEM-SOLVE, NOT TO BE THE "RIGHT" PERSON.
4. BE CLEAR ABOUT THE POINT YOU WOULD LIKE TO MAKE BY PROVIDING SPECIFIC EXAMPLES. EXPLAIN WHY YOU HAVE YOUR POINT OF VIEW.
5. ACKNOWLEDGE THE OTHER PERSON'S FEELINGS AND THOUGHTS AND SEE IT FROM THEIR PERSPECTIVE. BEFORE RESPONDING TO THEM, LET THE OTHER PERSON KNOW THAT YOU UNDERSTAND THEIR VIEW. ASK THEM ABOUT IT FURTHER IF YOU DO NOT.



Parent Practice Tip:

When approaching your child with a tough conversation, be sure to acknowledge your child's feelings and listen to your child's thoughts on the topic by asking open-ended questions.

To Learn More:

Having a Tough Conversation with your Child

Parents of Black Children: "The Talk"

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