

Please reflect on a **specific challenging situation** that you've experienced recently with a classmate, friend, family member, or someone else, and use the following approach to prepare for that "difficult conversation."

Analyzing and Planning for Difficult Conversations: Notes				
What Happened?			Feelings	Identity Issues
Multiple Viewpoints	Impact/Intent	Contribution	<i>What feelings does this situation bring up?</i>	<i>How does this challenge my view of myself? (It questions, "I am the kind of person who")</i>
<i>What's my viewpoint?</i>	<i>My intentions?</i>	<i>What do I think is within my control?</i>		
	<i>Impact on me</i>			
<i>What do I think is his/her viewpoint?</i>	<i>Her/His intentions?</i>	<i>What do I think the other person is in control of?</i>		
	<i>Impact on her/him</i>			

Adapted from *Difficult Conversations: How to Discuss What Matters Most*. Developed by Lauren Hirshon and Renee Torchia and Harris Sokoloff