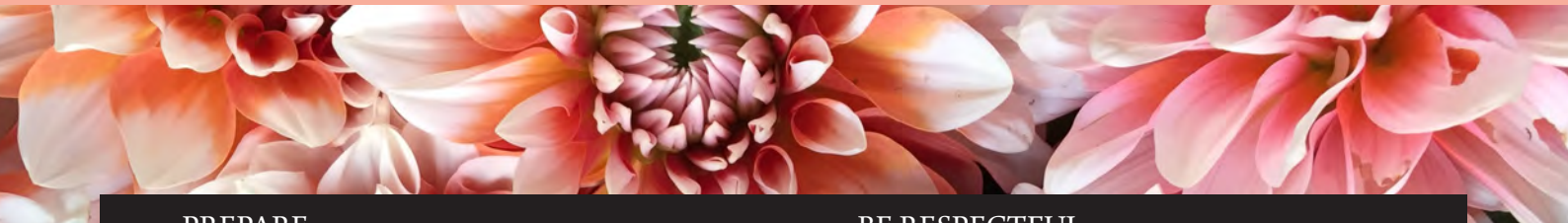


10 TOP TIPS

10 TIPS FOR HAVING HARD CONVERSATIONS

Navigating difficult conversations is one of the most valuable tools you can have in your relationships - whether with family, with colleagues, in the classroom or at the café amongst friends. Here are some simple tips to set you on the right path.



PREPARE

- 1 Instead of thoughts and scenarios swirling in your head, write down exactly what you want to talk through. Think about how you want to introduce the topic and the main points of what you want to bring up and what your end goal is for the conversation. Choose a time and place that works for everyone.

BE RESPECTFUL

- 6 Refrain from sharp comments or slinging insults. Remember the goal you set out to achieve and if tensions are rising, take a break or pause for a minute before continuing.

PRAY FIRST

- 2 Take a moment or longer to pray and invite Jesus into your conversation. Allowing the Holy Spirit to guide your conversation from the beginning and being aware of His presence with you sets the tone of the conversation on the right path.

STAY ON TRACK

- 7 Sometimes conversations can start to go wildly off course and run into areas that you were not going to talk about. Keep the main thing the main thing. If other issues or topics arise, table it for another time.

LET LOVE GUIDE YOU

- 3 Speaking the truth must be grounded in love and grace. This does not mean ignoring or sweeping something under the carpet because you're worried about hurting someone's feelings. But it does mean entering a conversation knowing that God loves them just as much as you.

TAKE RESPONSIBILITY

- 8 If your emotions have got the better of you or you have made some incorrect judgements, take responsibility. Be willing to apologise and ask for forgiveness.

DON'T ASSUME

- 4 Don't assume you know what's happening on their end. Refrain from passing judgement or attacking their point of view.

SEEK UNDERSTANDING

- 9 Seek to truly see the issue from their point of view. Ask thoughtful questions to try and understand where they are coming from.

LISTEN WITHOUT INTERRUPTING

- 5 Be patient and listen without trying to defend or rebut. If you find yourself becoming frustrated or defensive, take a moment to pause before responding.

SEEK RESOLUTION

- 10 Where possible, don't leave the conversation unresolved or in bitterness or anger. Seek solution and peace. It is ok to agree to disagree but do your best to leave the conversation confident that no harm has been done to the other person.