THE TALK · PART 3 · FREE PRINTABLE

Planning Your First Conversation

One person. One topic. A quiet time. Start with what they want, and ask instead of tell.

What do they want the next few years to look like?

The one thing I'll ask about

Who, where and when

Who talks:

Where:

When:

Sit beside them, not across a table. Doing something together helps.

My opening question

Words that open doors

- "I worry when I see..."
- "What would make this easier for you?"
- "What worries you about it?"
- "Would you be willing to try it for a month?"
- "We don't have to decide anything today."

Words that close doors

- "You need to..."
- "You can't anymore."
- "We've decided..."
- "It's for your own good."
- Talking about them in front of them, or comparing them to someone else

If it goes badly: go back. Say you're sorry for how it came out, not for caring. And when you get a small yes, be grateful, and stop there.

General education for families, not medical, legal or financial advice.