

Tool 7.2: Plan a positive conversation

Date:

Use this worksheet to plan what you'll say to a loved one and how you'll say it.

What parts of your nonverbal communication need special attention?

What I-statements do you need to get across?

What do you need your loved one to help you understand? How can you show you hear them?

How will you ask what you can do to help support your loved one?

What positive statement can you end the conversation with?