

Starting a Difficult Conversation

Take a Breather

Breathe deeply and slowly as you read these prayerful words:

- I do not have to execute this conversation perfectly.
- I love this kid / these kids.
- I accept God's love for me and for them.
- May the goodness of God fill this conversation.

Key Information

- It Starts with Me
- Practice self-care before caring for your child.
- Listen Quietly (A Lot)
- 20 % talking, 80 % smile and nod
- Focus on Effort, Not Outcome
- The goal is met just by trying.



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PROJECT

Difficult Conversations

Discussion Questions

- How do you feel about this?
- Would you like to talk about it?
- What do you think about this?
- What do you wish adults knew about this?
- What could I do that would feel like I was really in your corner?

Further Reading

For a list of books and articles on this topic, as well as more detail for each section on this one-pager, go to

www.faithfulformation.org/difficultconversations