



Communicate with anyone and make it work

Before you start a conversation check yourself for which state you are functioning in. Are you feeling safe and good enough, or feeling mistreated or insulted? If you start a conversation in fear the other person will feel this and be on the defensive before you say a word. You have to authentically feel safe, so they know you have the capacity to show up for them. Fear makes you behave selfishly because your own safety is your biggest concern.

Practice trusting that you have the same intrinsic value as every other person on the planet no matter what happens here. Trust that this experience will be a perfect classroom and teach you both perfect lessons, so there is nothing to fear in having the conversation. The other person will feel safe with you if they can feel you are not scared to talk to them.

Mutually Validating Conversations:

Step #1: I choose to see this person _____.

Step #2: I set my stuff (thoughts and feelings) aside upfront.

Step #3: I will ask questions about their stuff...
(Their thoughts, feelings, ideas, opinions, fears, etc.)

... and I will listen and _____.

(This doesn't mean I will agree. It means that I will honor and respect their right to be where and who they are.) "I totally understand how you can feel that way."

#4: I will ask _____ before I share my stuff.

Would you be open to some suggestions?

Would you be willing to let me share my feelings about this?

Would you be open to some ideas I have about this?

Would you be open to understanding how I feel about this?

**#5: I will focus on what I think and feel, and on _____
not past.**

I will use "I" statements instead of "you" statements.

I will focus on the future, and behavior I want to see moving forward, instead of their past behavior. This will maintain the relationship of trust I've developed.

Memorize these simple steps and start practicing.