

## CONVERSATION CHART

**Instructions:** Recall a tough conversation that you've had on an important issue. Perhaps it didn't go as well as it could have, or you left feeling unresolved & unsatisfied. You can also think about a difficult conversation that you need to have, and are perhaps worried about how it will go. In **Column 2**, either reconstruct or imagine this conversation. Make it as realistic as possible. In **Column 1**, write what was going on inside your head. Be as realistic & honest as you can about your thoughts & feelings.

COLUMN 1	COLUMN 2
WHAT WAS I THINKING OR FEELING BUT DID NOT SAY	WHAT WAS SAID