

Ask if it would be ok to share/talk about
_____ (subject/topic)

A I feel _____ (mad, sad, glad, scared, hurt)

B When I saw/ heard _____ (describe briefly what you saw or heard)

C I think _____ about that. (What was your automatic thought/ interpretation about the subject matter)

D I want (desire. prefer. need) _____.
(describe briefly what you want.... instead)

1 Take it ONE topic/subject/
problem/issue at a time.
Stay on topic

2 Take 3-4 min (tops) to express
yourself. Anything longer than
that is a lecture/monologue not
a conversation starter.

3 The other person gives empathy
and summarize for accuracy.
(Make sure you interpreted it
accurately.)

4 Once that is heard accurately,
you can switch roles.