



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 31 Action Guide: Courageous Conversations

Focus on an issue or relationship that is experiencing conflict as you work through this exercise. You may do the action guide on your own to process your experience or use it as a template for a courageous conversation (or both!).

Explore your motive. What would it look like to come from your Empowered Identity?

Establish your reason. Why is it important to you to seek resolve and understanding with this person?

Sit shoulder to shoulder. How could you disarm defensive or offensive postures within yourself and choose collaboration?

Describe your experience. What is it like for you in this conflict dynamic?



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(cont.)

Share how it impacted you. What is the impact this person is having, whether intended or unintended?

Speak with a voice of vulnerability. How can you honestly share your thoughts and feelings while refraining from blame, shame, name calling or insults?

Own your part. How are you responsible for the dynamic?

Create new boundaries and accountability. What direct request(s) would you like to make?