

# TIPS & TRICKS FOR DIFFICULT CONVERSATIONS

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## 1. BE CALM

Don't let your feelings overpower your thoughts.



## 2. THINK BEFORE YOU SPEAK

Be prepared to have this conversation. Think of both sides and take some notes.

## 3. HAVE AN OPEN CONVERSATION

Make sure you are talking WITH the other person and not AT them.

## 4. IT IS OKAY TO DISAGREE

Not everyone is going to agree.

## 5. LISTEN

Be an ACTIVE listener without assumptions or judgments.



## 6. TRY TO COME TO A MUTUAL UNDERSTANDING

You aren't trying to persuade them you just want them to understand you.



# ROLE PLAY SCENARIOS

There will be a time when difficult conversations are necessary, we can't avoid them. They help us plan for future, set boundaries, and expectations. As you are preparing for your post-secondary journey, you might have to engage in difficult conversations in order to accomplish your goals.

**Activity: Practice difficult conversations. Below are scenarios that you can try at home with your parent/guardian or friends. Remember your 6 tips!**

Person 1: Student  
Person 2: Parent

Situation: After High School your parents don't want you to go to a different city for college. They want you to stay in the same city.

How would you handle this conversation?

Person 1: Student  
Person 2: Parent

Situation: You wish your family understood more of what it takes to apply to college, keep up your grades, and have a social life.

How would you handle this conversation?

Person 1: Student  
Person 2: Parent

Situation: Your parent tells you that you could be doing better in school (higher grades, extracurriculars, sports etc.)

How would you handle this conversation?

Person 1: Student  
Person 2: Parent

Situation: After High School you want to go to technical/trade school (i.e. beauty school) but your parent wants you to go a University.

How would you handle this conversation?

Person 1: Student  
Person 2: Parent

Situation: You don't feel ready to go to school right after High School. You want to take a gap year to work to save money.

How would you handle this conversation with your parents?

Person 1: Student  
Person 2: Parent

Situation: After High School you plan to stay in the same city and attend Community College but, you want to gain a sense of independence. You tell your parents you are planning to move out but they want you stay home.

How would you handle this conversation?