

## TRANSFORMING UNCOMFORTABLE CONVERSATIONS-DECONSTRUCTING WORKSHEET



Describe the Situation, Context and your Intention

| Priming the Conversation   | Deconstructing the Conversation   |
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| Step 1:<br>Set the context for<br>Caring, Courage and<br>Candor      | In what way did you set the context for the conversation, or the context for Caring, Courage and Candor?                                  |
| Step 2:<br>Explore Desired<br>Outcomes                               | What desired outcome did you hope for in this conversation?   |
| Step 3:<br>Share Perspectives<br>with Caring, Courage,<br>and Candor | What perspectives were shared in the conversation, if any?  |
| Step 4: Discover What is Important to Both of You                    | What was important to you in the conversation? What do you think was important to the other person?                                       |
| Step 5:<br>Contract for Success                                      | Was there a contract for future/mutual success? If not, how could the conversation have changed if there was agreement on mutual success? |

