



Using the **difficult conversation** planner tool

Resolve, Don't Repeat: Find the **Right Solution Together**

11:12
Get Support

Difficult Conversation Planner

Expressing thoughts and emotions (Sessions Completed: 0)

Plan how to tackle a challenging conversation head on, thinking through what you would like to say and how to communicate your needs effectively and compassionately.

Start

Let's plan how to approach this conversation so you can express what matters most, in a way that feels true to you. What is it that you really want to get across?

I want to talk to a family member about something that's been bothering me and feel heard rather than dismissed

That's a clear goal. To make sure you feel heard and not dismissed, what specifically about this situation has been bothering you?

I'm worried it will turn into a disagreement

It sounds like you're concerned about the conversation escalating into a disagreement. To help prevent that, let's focus on what you want to achieve. What is the core message you want to convey to your family member?

That I don't feel listened to

That's a powerful and important feeling to express. To make sure your family member truly hears 'I don't feel listened to,' how would you want to phrase that so it sounds less like an accusation and more like an observation of your experience?

That is like us to find a way to talk about things more openly where we can both listen to each other without feeling attached

That's a great intention. It shifts the focus from blame to finding a solution together. How about we try phrasing it like this: 'I've been

feeling like our conversations sometimes don't allow for both of us to truly listen to each other. I'd like for us to find a way to talk more openly, where we can both feel heard without getting defensive.' How does that sound to you?

Sounds good

Great. Now that we have a clear statement of your intention, let's think about your family member's perspective. What do you anticipate might be their immediate reaction or pushback when you say this?

They might be defensive still

That's a very real possibility. If they get defensive, what's one thing you could say to acknowledge their feelings while still holding your ground and steering the conversation back to your goal of open communication?

I don't know

That's perfectly normal to feel stuck there. Let's try this: if they become defensive and say something like, 'I do listen to you!' or 'You're always complaining!', you

could respond with something like, 'I understand that might not be how you see it, and I'm not trying to blame anyone. My hope is just that we can both feel heard, and I'd like to work together on how we communicate.' How does that sound as a way to de-escalate and re-focus?

That sounds good

Perfect. You've got a way to state your feeling and a strategy for potential defensiveness. What is one specific situation or example

To get the Wysa app



1. Click the link (<https://wysabuddy.app.link/install>) to download the app from the app store.
2. When prompted, enter the code NATEAP25 to access the premium version.
3. From the home screen, start a chat with Wysa and enter #campdiffconv to get started.