

# Preparing for a conversation you want to handle differently

The Practiced Word

“Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath.” James 1:19, King James Version

Think of a conversation you expect to have soon. It may involve a responsibility, a disagreement or something you have found difficult to say. You can use these prompts privately. There is no need to write down or share personal details.

## **Notice the situation**

What needs to be discussed? What do you hope the other person will understand?

Consider what usually happens around this kind of exchange. Are you rushed, distracted or answering before the other person has finished? What response tends to follow?

## **Make room to understand**

What could you ask before explaining your position?

For example: “Can you tell me more about what happened?” or “What is the part you most want me to understand?”

Choose wording that sounds natural to you. Listening does not require agreeing to every request.

## **Consider your response**

What would you like to say after you have heard the other person?

You might need to explain a concern, make a request, acknowledge a mistake or say what you can take on. Consider the circumstances and choose a response that fits.

## **Return to what happened**

After the conversation, take a moment to notice what you tried and how the exchange unfolded. What would you keep? What would you approach differently another time?

## **If you would like a coaching conversation**

The Practiced Word offers individual and executive Christian coaching across the United States. Christian faith guides the conversation; behavior science informs consideration of everyday patterns.

The firm assigns your coach. Sessions last 60 minutes and take place one-on-one over Zoom. Individual sessions begin at \$149 and executive sessions at \$225. Session packages are also available.

Read how coaching works and compare current prices: <https://www.thepracticedword.com/coaching>  
<https://www.thepracticedword.com/plans>

This resource is optional. It is not required homework for coaching.