

## How to Have Difficult Conversations A Handout for Responses to Difficult Conversations

### 1<sup>st</sup> Validate deeply and sincerely

#### Validation Process:

I can understand why you feel.. name your guess at what they are feeling here. If your loved one rejects the feeling you insert, then ask them for what they feel. PS: saying you understand does not mean you agree.

Because: find ways to understand how they feel, Put yourself in their shoes. To validate, you will name 3 "because" or ways that you can see it from their perspective.

1. Because:
2. And Because:
3. And Because:

### DON'T

Direct  
Lecture  
Advise  
unless the  
situation is  
life  
threatening,  
we do not  
solve the  
problems of  
others.

### DO

Actively  
listen,  
Validate,  
Empathize,  
Stay in  
connection

### 2<sup>nd</sup> Use open end questions to help them explore how they can address issues

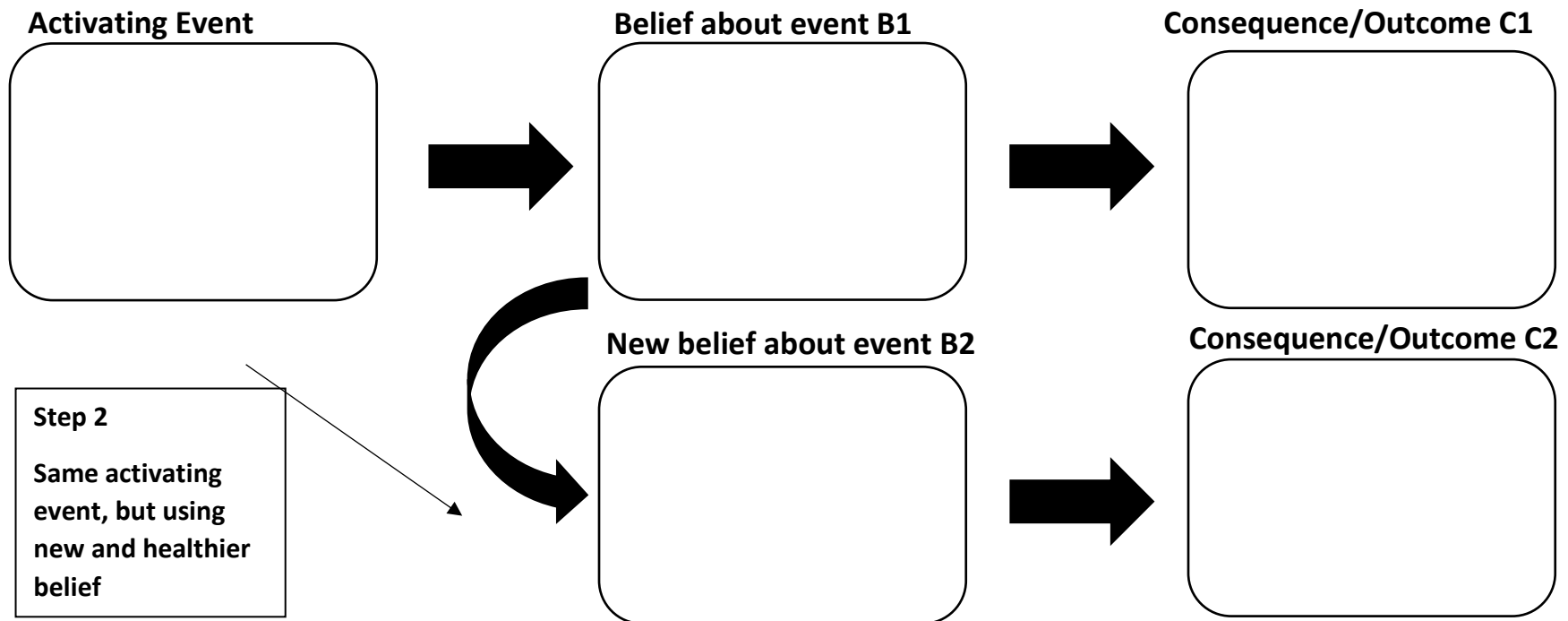
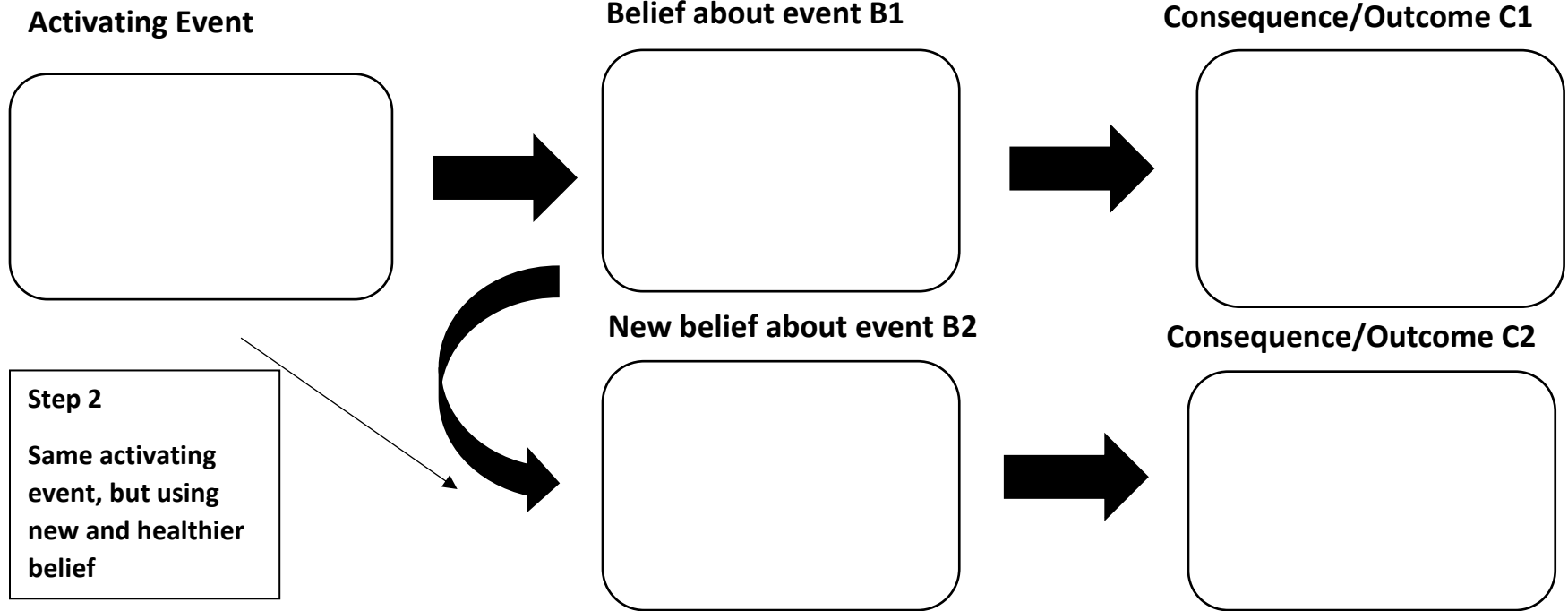
The healing goal is to help your loved one build self efficacy, IE: the knowledge that they can handle or address their life problems and issues. Your work is to promote this process by not fixing or directing or lecturing or advising. Instead: listen and ask questions in ways that promote their ability to solve their own issues. What have you tried? How did it work? What could you do differently?

- Who can you talk to?
- Is there an alternative explanation for this problem?
- What is the worst that could happen? What is the best that could happen?  
What is the most realistic thing that could happen?
- What do you think is the best thing to do?
- What have you done in the past that helped you cope with this type of problem?
- Is there more you want to tell me?

### 3<sup>rd</sup> Use statements to reassure and set your boundaries

- We are in this together; I am with you, even if I don't do what you are asking.
- I love you too much to come get you. Your health is too precious. I am with you, and will be happy to listen to and support you daily.
- I love you and want to support you, so I have to care for myself too. need to end your phone call in (5) minutes. We can talk again tomorrow.
- You can write to me, or text me during the day, instead of holding onto all your stress until we talk.
- have to get off the phone now. Call me tomorrow at you name the time and we will talk more.
- You can do this.
- I am with you and am your support.
- This must be so hard.
- It takes great courage to make changes. I admire and respect you.

ABC'S Of CBT



## Body Image Journal Prompts

How has body image impacted your daily life and outlook? What have been your challenges and triumphs with body image over time? What have you denied and allowed yourself because of your perception of your appearance? How has your personality changed because of your sense of your appearance? What have you gained or lost because of your body image?

What is your vision for yourself? What do you wish or want for yourself? How is that different from who you are or where you are today? What do you think would make you feel more confident?

What do you appreciate most about yourself? What are you most confident about? What is the first positive memory you have of yourself? Was anyone there to witness that moment? If so, who was there and how did he, she, or they react?

Embrace the notion that you are not your looks; that your value is greater than how you look. If you are at war with your body because you believe it should look different in order to fit some mainstream beauty standard, life will not be fulfilling. This is not to say you shouldn't care for your body or keep it in good operating order. In fact, you have a responsibility to do that. But if your project in life is to alter your looks, you are neglecting your purpose. Without mentioning your looks at all, explore what you really offer this world.

Consider for a second that your dissatisfaction with your body is not really about your body. When you accept that thought, what comes to mind? What is your dissatisfaction really about? What is it trying to tell you? What part of your life could you address to foster more overall contentment?

Write down what the word *beautiful* means to you. When are you compelled to use that word to describe a person? What has informed your definition? Knowing and owning our personal definition of beauty is an essential step in celebrating one's own brilliance.

Consider what self-acceptance would give you if you decided to embrace the practice in your life. How would your life be different? In what ways do you need to see the world as more abundant? How do you begin today?

Reflect on what you pay attention to, what you give priority, and what you put your energy into on any given day. If we are what we pay attention to, are you comfortable with this reflection of you? If not, how can you adjust your energies to more accurately reflect who you are at your core?

Describe yourself as completely as you can.

Who are you comparing yourself to and in what way? What effect is that comparison having on you? What purpose does the comparison serve?

Name the people you know that you find beautiful. What is it that makes them so beautiful to you? Do you use the same standard when judging yourself?

# The Five Love Languages Quiz

Select the one you prefer most of your two options, the one that fits the best right now.

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|---|--------|
| 1. I like to receive notes of affirmation.<br>I like to be hugged.  | A<br>E |
| 2. I like to spend one-to-one time with a person who is special to me.<br>I feel loved when someone gives practical help to me.                   | B<br>D |
| 3. I like it when people give me gifts.<br>I like leisurely visits with friends and loved ones.   | C<br>B |
| 4. I feel loved when people do things to help me.<br>I feel loved when people touch me.   | D<br>E |
| 5. I feel loved when someone I love or admire puts his or her arm around me.<br>I feel loved when I receive a gift from someone I love or admire. | E<br>C |
| 6. I like to go places with friends and loved ones.<br>I like to high-five or hold hands with people who are special to me.                       | B<br>E |
| 7. Visible symbols of love (gifts) are very important to me.<br>I feel loved when people affirm me.   | C<br>E |
| 8. I like to sit close to people whom I enjoy being around.<br>I like for people to tell me I am beautiful/handsome.                              | E<br>A |
| 9. I like to spend time with friends and loved ones.<br>I like to receive little gifts from friends and loved ones.                               | B<br>C |
| 10. Words of acceptance are important to me.<br>I know someone loves me when he or she helps me.  | A<br>D |
| 11. I like being together and doing things with friends and loved ones.<br>I like it when kind words are spoken to me.                            | B<br>A |
| 12. What someone does affects me more than what he or she says.<br>Hugs make me feel connected and valued.  | D<br>E |
| 13. I value praise and try to avoid criticism.<br>Several small gifts mean more to me than one large gift.  | A<br>C |
| 14. I feel close to someone when we are talking or doing something together.<br>I feel closer to friends and loved ones when they touch me often. | B<br>E |
| 15. I like for people to compliment my achievements.<br>I know people love me when they do things for me that they don't enjoy doing.             | A<br>D |
| 16. I like to be touched as friends and loved ones walk by.<br>I like it when people listen to me and show genuine interest in what I am saying.  | E<br>B |
| 17. I feel loved when friends and loved ones help me with jobs or projects.<br>I really enjoy receiving gifts from friends and loved ones.        | D<br>C |

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|---|--------|
| 18. I like for people to compliment my appearance.<br>I feel loved when people take time to understand my feelings.                                       | A<br>B |
| 19. I feel secure when a special person is touching me.<br>Acts of service make me feel loved.  | E<br>D |
| 20. I appreciate the many things that special people do for me.<br>I like receiving gifts that special people make for me.                                | D<br>C |
| 21. I really enjoy the feeling I get when someone gives me undivided attention.<br>I really enjoy the feeling I get when someone helps me make decisions. | B<br>D |
| 22. I feel loved when a person celebrates my birthday with a gift.<br>I feel loved when a person celebrates my birthday with meaningful words.            | C<br>A |
| 23. I know a person is thinking of me when he or she gives me a gift.<br>I feel loved when a person helps with my chores.                                 | C<br>D |
| 24. I appreciate it when someone listens patiently and doesn't interrupt me.<br>I appreciate it when someone remembers special days with a gift.          | B<br>C |
| 25. I like knowing loved ones are concerned enough to help with my daily tasks.<br>I enjoy extended trips with someone who is special to me.              | D<br>B |
| 26. I enjoy kissing or being kissed by people with whom I am close.<br>I enjoy receiving a gift given for no special reason.                              | E<br>C |
| 27. I like to be told that I am appreciated.<br>I like for a person to look at me when we are talking.  | A<br>B |
| 28. Gifts from a friend or loved one are always special to me.<br>I feel good when a friend or loved one touches me.                                      | C<br>E |
| 29. I feel loved when a person enthusiastically does some task I have requested.<br>I feel loved when I am told how much I am needed.                     | D<br>A |
| 30. I need to be touched every day.<br>I need words of encouragement daily.   | E<br>A |

**Totals:    A:            B:            C:            D:            E:**

- A. Words of Affirmation
- B. Quality Time
- C. Receiving Gifts
- D. Acts of Service
- E. Physical Touch

You can find a similar online quiz at:

<http://www.greaterquest.com/LoveLanguages.asp>

### **Language # 1 - Words of Affirmation:**

Verbal compliments, words of appreciation, encouraging word, kind words and humble words are all ways to show love using verbal communication. One of the deepest needs in many people is the need to feel appreciated. Words of affirmations will meet this need for many people. The book gives several examples on how others have used words of Affirmation to change their failing relationships, this book talks about the fact that a lot of people have more potential than they will ever know and that in some cases what holds them back is the lack of encouragement.

The book talks about how individuals mess up every new day with yesterday. By insisting on bringing the failures of yesterday into today and in doing so, pollute a potentially wonderful day.

### **Language # 2 - Quality Time:**

Quality time means togetherness...not sitting in front of the T.V. together but sitting together, giving each other your total undivided attention. This means looking at each other, talking to each other, not at each other. The author of this book shows through example how couples can spend all kinds of time with each other and it not really be quality time and vice-versa. Couples can spend small amounts of time together and it can be quality time. Whatever the activity we choose, we need to give each other our full-undivided attention. "The activity is a vehicle that creates the sense of togetherness."

### **Language # 3 - Receiving Gifts:**

The giving of a gift is an outward sign that the person was thinking of you in some way. It is something that you can hold and touch that shows someone cared enough to think of you. To give a gift the person giving the gift has to think about the person that they are giving the gift to. The gift is a symbol of that thought and it doesn't matter the cost, it is the fact that they did think of you. Not just the thought of mind but the fact that they took time to secure the gift for you that also matters.

Gifts are a visible sign that someone cares, that someone loves you...be it mother, father, sister, brother, daughter, son, friend or lover. You know that they care. Wedding rings are a gift and a symbol of love. For some this is their love language. They believe that by giving a gift it shows I care and vice-versa that if you give me a gift then that too shows that you care. But sometimes during hard times the best gift of all is the gift of your time.

### **Language # - 4 Acts of Service:**

Acts such as cooking meals, setting the table, washing floors, clothes, dishes, mowing the lawn, fixing the plumbing .....etc are all acts of service. The person performing these acts of service has to think about them plan the time to do them, and put the effort into doing them. They do this to show that they care about you. Now the author is talking about acts of service that someone does for you without you asking them to. The wife who keeps the house clean all the time and has dinner ready for her partner after a long day at work, the husband that mows the lawn every weekend, to keep the yard looking nice for his family to be proud of.

### **Language # 5 - Physical Touch:**

We have always known that we have 5 senses, sight, hearing, taste, smell and touch. Of these 5 senses touch is very different from the rest .... Sight is through our eyes, hearing is through our ears, taste is through our tongue, but touch is not limited to our fingers. We have tiny tactile receptors all over our bodies. When these receptors are touched or pressed, nerves carry impulses to the brain and the brain interprets these impulses. It could be pain or pleasure, hot or cold, hard or soft, loving or not.

Touch can make or break a relationship, show love or hate and for those whose love language is touch...it can speak 10 times louder than any words you may use.