

## Difficult Conversations Observation Worksheet

While playing the observer role, take notes on both sides of this worksheet. Be sure to use only observation statements that do not include judgements or interpretations.

Who is this conversation between?

What makes this conversation difficult?

What is the topic?

<p style="text-align: center;">Actions (Body language, posture, etc.)</p>	<p style="text-align: center;">Words (What does the "PL" say? not say? etc.)</p>
<p style="text-align: center;">Tone/Energy (What does it feel like?)</p>	<p style="text-align: center;">What else do you notice?</p>

**Difficult Conversations  
Observation Worksheet**

Look at the Making Menschen: Periodic Table. In column one write down any of the core values/principles/characteristic you see demonstrated by the “counselor” In column two write what specifically they said or did that demonstrates that characteristic.

Characteristic	Evidence

<p>At what points in the conversation did the “counselor” push through their own discomfort or insecurity?</p>	<p>At what points in the conversation did the “counselor” hold back because of their own discomfort or insecurity?</p>
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