

The Art of Having Difficult Conversations
Text & Strategy Worksheet

Text	Lesson	Strategy
<p style="text-align: center;">וַיֵּצֵא יִצְחָק לָשׁוּחַ בַּשָּׂדֶה לַפְּנוֹת עָרֶב</p> <p>And Isaac went out walking (talking) in the field toward evening</p>	<p><i>Self reflection and rehearsal</i> - taking the time to talk something out with yourself (even out loud), to understand where you are, how the topic is impacting you so that you can work through your own feelings before the conversation</p>	<p>Before going to have this conversation, take a moment to ask yourself what comes up for you and journal, talk with someone else, or even just talk it out loud to yourself to prepare yourself for the conversation you want to have</p>
<p style="text-align: center;">אִם אֵין אֲנִי לִי, מִי לִי</p> <p>If I am not for myself, who is for me?</p>	<p><i>Speaking my truth/hearing yours</i></p>	<p>Use "I" statements</p>
<p style="text-align: center;">וְאַל תִּדְּוִן אֶת חֲבֵרְךָ עַד שֶׁתִּגָּיַע לְמִקְוֹמוֹ</p> <p>Do not judge not your fellow person until you have reached his place</p>	<p><i>Approach the conversation from a place of Love.</i></p> <p>Useful analogy- think about each person as a novel and realize that when you engage with them you are often unaware of all that led up to that moment.</p>	<p>Take a breath.</p> <p>Soften your eyes.</p> <p>Listen with empathy.</p>