**Courageous & Challenging Conversation Tool**

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| **What is my goal for this conversation?** | |
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| **What am I concerned about? (Use simple, clear, jargon-free language)** | **Why am I concerned? (What information or facts do I have?)** |
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| **What questions do I need to ask & how can I phrase them?** | |
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| **Are there strengths can I highlight in the conversation?** | |
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| **Do I have worries about this conversation?** | **How can I mitigate or prepare for those worries? (What or who might be able to help me?)** |
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