

The Talk You Keep Putting Off

Name the conversation you have been avoiding and take the first step toward it.

WHEN TO USE THIS

Use this when there is something you need to say and keep not saying.

Who is it with, and what is it about?

One line is enough.

Why has it not happened yet?

- ☐ Bad timing
- ☐ It will hurt them
- ☐ I will lose my nerve
- ☐ I do not know how to start
- ☐ It might change everything
- ☐ They will get angry
- ☐ I might cry
- ☐ I keep hoping it sorts itself out

What is the one sentence that has to be said?

Set it up.

WHEN	WHERE	HOW I WILL START

How ready are you?

0	1	2	3	4	5	6	7	8	9	10
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Not yet

Ready

Putting it off costs something too. Usually more than the talk does.

