

Adult Conversation Roadmap

Use the following questions to map your next adult conversation.

1. Current Situation: Describe the issue and the impact it is having.

2. Behaviors & Facts: What specific behaviors or factual events contribute to the situation?

3. Positive Intent: What positive motivation(s) could be behind the behavior?

4. Choose Your Words: 'I' statements/cite behaviors/presume positive intent/avoid NABS (use back if needed)

5. Key Questions: What do you ask to better understand the situation from the others' perspective?

6. Relationship Building: How strong is your connection? How can you make deposits into the EBA?

7. Your Role: How have you contributed to the current situation? What can you offer as part of a solution?
