

# HOPESTREAM

## PODCAST



### Episode 182 cheat sheet

"I feel something's weird." OR "I've noticed you're a little off lately - I just want to talk about it. **Would now be okay?**"

"I can do better."

"I bet we can agree on three things."

"I want us to talk even though things might not get resolved."

"Oh!" "Hmmmm..." "Wow." and "Say more about that."

"I hear that's important to you. I'm asking you to also consider my perspective."

"I'm happy to talk about it, as long as we talk while we drive to get ice cream." OR "I really appreciate you being willing to talk about this - let's talk while we walk the dog."

"Tell me one little thing I can do to help right now." OR "What's one thing that would feel supportive to you right now?"

"I did that because that's the information I had then. Now there's new information."

And, "I feel, when you, because, therefore."