

MODULE 3 TOOL: CONVERSATION ROADMAP

Your Step-by-Step Guide for Difficult Conversations

BEFORE THE CONVERSATION: PREPARATION

What is the REAL issue beneath the surface complaint?

(Not: "You never help with dishes" — But: "I feel unsupported and alone")

Which attachment/nervous system triggers will likely activate?

Mine: _____ Theirs: _____

When and where will you have this conversation? (Not during stress, not in public)

When: _____ Where: _____

THE CONVERSATION: USE THE GRACE FRAMEWORK

- G — GREET WITH RESPECT: "When would be a good time to talk about something important?"
- R — REQUEST PERMISSION: "I'd like to discuss [topic]. Are you available to really listen?"
- A — AFFIRM YOUR LOVE: "I love you and want us to understand each other better."
- C — COMMUNICATE (Use I Statements): "I feel ___ because ___. What I need is ___."

What you will say (using I statements):

IF IT DERAILS: THE BRIDGE METHOD

- B — BEGIN: "Can we pause and reset?"
- R — REVEAL THE REAL ISSUE: State the wound, not the complaint
- I — INVESTIGATE: "Help me understand your perspective."
- D — DEVELOP SOLUTIONS: "How can we solve this together?"
- G — GIVE THANKS: "Thank you for working through this with me."
- E — EVALUATE: "What will we do differently next time?"

MODULE 3 TOOL: CONVERSATION ROADMAP

Your Step-by-Step Guide for Difficult Conversations

IF YOU NEED A BREAK: THE PAUSE PROTOCOL

Physical signs you are flooded: Heart racing / Breathing shallow / Voice raising / Mind going blank

What to say: "I love you and I want to understand this. I need 20 minutes to calm down.
I'll be back and we'll figure this out together."

- ✓ Walk / Breathe / Pray / Regulate
- ✗ Don't rehearse / Don't text about it / Don't stew

AFTER THE CONVERSATION: REFLECTION

Did you stay regulated?

Yes Mostly No

Did you hear your spouse?

Yes Mostly No

What will you do differently next time?

What did you do WELL?

What are you committing to?
