FMB EMPIRES / FREE PRACTICAL WORKSHEET

Conversation Reset

A short structure for listening, speaking clearly, and finding a next step together.

1. Get ready

What do I want the other person to understand? _____

What feeling or need is underneath it? _____

A good time and place to talk: _____ Do we both have capacity right now? [ ]

2. Start with care

Try: "There is something I would like us to talk through. Is now a good time?"

What I want to say, using a specific example and an "I" statement: _____

_____

3. Listen before solving

Ask: "How does this look from your side?" Then reflect back what you heard before responding.

One thing I heard you say: _____

What I still want to understand: _____

4. Agree on one small next step

What would help this feel a little better this week? _____

Who will do what, and when will we check in? _____

Keep the conversation voluntary and respectful. Either person can pause and agree on a time to return. This worksheet is for everyday communication, not counselling or crisis support. If you feel unsafe or pressured, prioritize your safety and seek trusted professional help.