

lifexpeTM

EP 003

IT ONLY TAKES 5 MINUTES

RESIST THE URGE TO **AVOID**
DIFFICULT
CONVERSATIONS

EMPOWERING PERSONAL GROWTH EXERCISE™

**For those who aspire to
improve their lives.**

**We empower them to take
action and grow.**

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LEARNING SECTION

Resist the urge to avoid difficult conversations

Introduction

Difficult conversations are a part of life, but they often come with a heavy dose of fear and anxiety. The idea of confronting someone, addressing a sensitive issue, or even just expressing how you truly feel can be daunting. However, these moments also offer an opportunity for growth, stronger relationships, and personal empowerment.

In the following exercises, you'll learn how to navigate these conversations with confidence and clarity. The journey begins with understanding and embracing your anxiety, recognizing it as a natural response rather than an enemy to be fought. You'll learn to reframe your thoughts, shifting your focus from what could go wrong to what you stand to gain. Visualization techniques will help you prepare mentally for success, while practical strategies will ensure you're ready to address key points during the conversation. Grounding yourself in the present will keep you calm and focused, enabling you to handle the situation with poise.

Finally, you'll be guided to take decisive action, setting the stage for a constructive dialogue that leads to resolution and growth. Each step you take in this process is a step toward a more empowered version of yourself—one that doesn't shy away from difficult conversations, but rather approaches them as opportunities for transformation.



EXERCISE SECTION

Resist the urge to avoid difficult conversations

Embrace and Understand Your Anxiety

Write down the specific thing you're truly afraid of

What I'm afraid of:

.....
.....

What feelings do I have:

.....
.....

What's the worst that could happen?

.....
.....

This fear is based on evidence

This fear is not grounded in reality

Redirect Your Thoughts to the Positive

What do I want to gain from this conversation?

.....

Visualize Success and Prepare Practically

Visualize the conversation going well. See yourself speaking confidently, and imagine the other person responding positively.

Write down the 1-3 most critical points you need to address in that conversation.



EXERCISE SECTION

Resist the urge to avoid difficult conversations

Ground Yourself in the Present

Mindful Breathing Exercise

Just before your conversation, take 3 long deep breaths, inhale deeply through your nose, hold it for a few seconds, and exhale slowly through your mouth.



Anchoring Technique

Focus on your physical environment—feel the chair under you, notice the sounds around you, play/sing your favourite song or repeat a calming mantra.

What else would calm my mind?

.....

.....

Set a reminder/alarm to ensure you ground yourself in the present moment.

Take Decisive Action

Schedule the Conversation. Set a specific time and place for the conversation.

Open with Intentionality. Start the conversation or invitation to the conversation by stating your positive intentions.



MOTIVATING REASON SECTION

Resist the urge to avoid difficult conversations

You're the driving force behind it all. Envision a better self and redefine what's possible—for you.	
Step 1	Describe where you are today. Reflect on what kind of person you are today.
Step 2	Envision what "better" looks like for you. What kind of person do you want to be?
Step 3	Identify actions in the intersection of who you are now and who you could be.

Where am I today?	How do I navigate?	What does better look like?
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