



Your Next Conversation: A Reflection & Prep Guide

Inspired by Jefferson Fisher's The Next Conversation

Created by Peggy Vasquez

Use this guide to prepare for a challenging conversation—or reflect on one that didn't go as planned. It will help you shift from reacting to responding, with empathy, clarity, and confidence.

Upcoming Conversation With: _____

1. Pause Before You Proceed

- What is the real goal of this conversation? (*Examples: clarity, resolution, setting a boundary, expressing concern*)
- What emotions am I bringing into this conversation? (*Examples: frustration, fear, hurt, anxiety, hope*)
- What am I assuming about the other person's intent? Is that a fact or a feeling?

2. Name the Hidden Struggle (Yours + Theirs)

- What might they be struggling with beneath the surface?
- What's really weighing on me right now?

3. Edit Your Words for Impact

Circle any of the following you catch yourself using—then rewrite your message below with stronger, more confident language:

- “Just”
- “I think...”
- “I’m sorry, but...”
- “I’m kind of wondering...”
- “Does that make sense?”

Now rewrite your key message in a clear, assertive sentence:

4. Reframe Defensiveness Into Curiosity

Try one of these:

- “Help me understand your perspective.”
- “Can you tell me more about what’s important to you here?”
- “What outcome are you hoping for?”

Which one will you use to create connection?



5. Own Your Confidence

Complete one or both grounding phrases before the conversation:

- "No matter how this goes, I will... _____."
- "I speak with clarity and confidence because... _____."

6. After the Conversation

- What worked well?

- What would I do differently next time?

- What do I need to let go of—so I can move forward with peace and clarity?

Final Reminder:

The goal isn't to win. It's to connect, to grow, and to protect your peace.
You get to decide how you show up—and that decision starts now.

Inspiring.
Empowering.
Transforming.