

Navigating Hard Conversations with Confidence

Weekly Takeaway Sheet

Brave Conversations, Week 3: 1-19-26

1. Set Emotional Boundaries Before the Conversation

- Decide what emotions you're responsible for — and which ones you are not
- Enter the conversation grounded, not guarded
- Protect your peace without abandoning your truth

2. Pause Instead of React

- Silence gives your nervous system time to settle
- A pause keeps you from saying what you'll need to clean up later
- Calm responses create confident outcomes

3. Use the “I Feel, I Need, I Choose” Framework

- Speak from your experience instead of placing blame
- Clarify what matters to you without over-explaining
- Stay anchored in your truth, even when emotions run high

4. Shift from Winning to Being Heard

- Connection matters more than control
- Being heard doesn't require agreement
- Confidence grows when you speak with clarity and care