

Courageous Conversations Reflection Worksheet

What are Our Stories?

My Story What is the problem/issue from my point of view?	Their Story What is the problem from their point of view?
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Our Contributions

My Contribution How have I contributed to the current situation?	Their Contribution How have they contributed to the current situation?
Impact What impact might this situation have had on them?	Impact What impact has this situation had on me?

Feelings at Play?

My Feelings How do I feel about the situation and why?	Their Feelings What might they be feeling? Why?
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Identity

My Self Image What do I fear this situation says about me?	Their Self Image What might the situation say about them that would be upsetting to them?
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What I don't want from this conversation

What I do want from this conversation