

Ten Questions to Prepare for Conversation

1. What would I like to see happen?
2. What do I need? (See naming needs list.*)
3. What are the possible outcomes if I have the conversation?
4. What are the time, money, emotional energy, personal peace, and relationship costs of not having the conversation?
5. Who else (family, friends, colleagues, community) may be impacted by ongoing conflict?
6. What questions may I ask to better understand anyone else involved?
7. What does showing compassion for myself, and others look like?
8. What does being clear with myself and others sound like?
9. What ideas or options may meet my needs?
10. What actions may I take that align with my values and priorities?

*You may find additional complimentary resources, including the naming needs list, noticing needs self-assessment, and personal peace reflection online at:
<https://brucknermediation.com/peacebuilding-tools/>



**BRUCKNER
MEDIATION**

Transforming conflict with clarity, compassion, and curiosity.

Bruckner Mediation facilitates conversations and mediates disputes ranging from caring for aging parents and child parenting time to workplace bias and organizational conflict. To learn more or schedule coaching, consulting, mediation or a training for your business, group, or organization, you may email sherry@brucknermediation.com or call 320.808.3212.

Be gentle with you.
Be gentle with all.
Be the peace.



**BRUCKNER
MEDIATION**

Transforming conflict with clarity, compassion, and curiosity.

Copyright 2023 Healing Truth LLC. All Rights reserved.