

# 9 Ways to Reframe Difficult Conversations

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**If you think this:**

**Try this instead:**

This will create conflict.



This can lead to understanding.

They'll take it personally.



I can be respectful and clear.

It's not my place.



I have a responsibility to address this.

They're a difficult person.



This is a challenging situation.

This will make things worse.



This can improve our relationship.

I might say something wrong.



I can prepare and speak thoughtfully.

They won't listen.



I can communicate effectively.

It's too hard to talk about.



Open conversations solve problems.

They should know better.



I can help them understand.

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