



Relationship Matters presents

# THE TEN QUESTIONS OF A COURAGEOUS CONVERSATION



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*"Conflict, when handled correctly, strengthens."* – Benjamin Watson



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## Emotional Word List

abandoned	didn't measure up	lost	suffocated
accused	dirty	made fun of	suicidal
afraid all my fault	disappointed	manipulated	taken advantage of
alone	disgusted	mindless	thwarted
always wrong	disrespected	mistreated	torn apart
angry	dominated	misunderstood	trapped
anxious	embarrassed	molested	trash
apathetic	empty	neglected	ugly
ashamed	exposed	no good	unable to
bad	failure	not being affirmed	communicate
belittled	fear	not cared for	unaccepted
betrayal	foolish	not cherished	uncaring
betrayed	forced	not deserving to live	uncared for
bitter	frustrated	not listened to	unchosen
blamed	good for nothing	not measure up	unclean
can't do anything	guilty	not valued	unfairly treated
right	hated	options not valued	unfit
can't trust anything	hate myself	out of control	unimportant
cheap	helpless	overwhelmed	unlovable
cheated	hopeless	pathetic	unloved
condemned	hollow	pressured	unnecessary
confused	humiliated	pressure to perform	unprotected
conspired against	hurt	publicly shamed	unsafe
controlled	hysterical	rejected	unsympathetic
cornered	impure	rejection	unwanted
cut off	inadequate	repulsed	used
deceived	indecent	revenge	violated
defeated	inferior	ruined	vulnerable
defenseless	insecure	sad	wasted
defrauded	insensitive to my needs	scared	wicked
degraded	insignificant	secluded	worthless
desires rejected	invalidated	self-disgust	wounded
despair	left out	shamed	
destroyed	lied to	stressed	
devalued	lonely	stupid	

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## The Two Agreements

### Speaker

I agree to...

- Speak the truth in love
- Provide a safe environment for listening
- State the facts I am basing my feeling on instead of making my feelings the facts
- Allow you, the listener, to summarize the meaning of my statements
- Be willing to clarify my statements until you have understood the message to my satisfaction

I agree to seek God's will for my life and our relationship

### Listener

I agree to hear you until you are satisfied that I have understood your issue.

I agree to...

- Listen from your perspective
- Show respect by staying in the conversation
- Not blame, complain, or explain
- Restate the meaning of the message to your satisfaction
- Gain wisdom and develop understanding to establish a relationship of trust

I agree to seek God's will for your life and our relationship.



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## The Courageous Prayer

### Suggested Prayer for the Speaker

Lord, I ask you to give me words to speak, so I would not tear him/her down, but be able to walk through this issue together. Help me speak gently, but also express what is going on in my heart, so that I can feel known as You know me<sup>1</sup>. I want to be able to glorify You, Father, and at the end of this conversation to thank You for how I have been heard and understood. I now receive the Holy Spirit's help to speak the words that are on my heart with the purpose of restoring our relationship. Amen

### Suggested Prayer for the Listener

Lord, I am willing to listen to whatever he/she has to say. Help me to understand their perspective and help us to resolve every issue that comes up. I give all my worries about this to You<sup>2</sup>. I choose to be willing<sup>3</sup> even though I don't know what I am going to face in this conversation. So Lord, give me the grace to be strong and hear what I need to hear. Amen

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<sup>1</sup> Ps 139:1 "O Lord, you have examined my heart and know everything about me."

<sup>2</sup> 1 Pet 5:7 "Give all your worries and cares to God, for he cares about you."

<sup>3</sup> Ps 51:10-12 "Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me."



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## The Ten Questions

Speaker: \_\_\_\_\_ Listener: \_\_\_\_\_ Date: \_\_\_\_\_

1. What is the most pressing issue?
  
2. Is there something else in addition to that?
  
- 3a. How does this make you feel? *See 'Emotional Word List' for suggestions.*
  
- 3b. When you feel this way, how do you act?
  
4. What will the future be like if nothing changes?
  
5. What do you see as my responsibility for this issue?  
*For example, what have I done, or did I not do that contributes to this issue?*
  
6. What do you see as your responsibility for this issue?  
*For example, what have you done, or did not do that contributes to this issue?*



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- 7a. What does the ideal future look like?  
*That is, what would the future be like if this issue was resolved?*
- 7b. If this happens again, how would you like to remind me of this conversation?  
*That is, how would you like to bring the issue to my attention and reconnect*
8. What is the most powerful thing we can agree to ask God for?  
*Come together in prayer and appeal to the Lord for that thing.*
- 9a. Based on the preferable future, what is the one thing we cannot fail to do?
- 9b. What should we continue to do that is working?
- 9c. What new thing should we begin doing?
10. What practical steps could we take?