



Relationship Matters presents

THE TEN QUESTIONS OF A COURAGEOUS CONVERSATION



“Conflict, when handled correctly, strengthens.” – Benjamin Watson



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Emotional Word List

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

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Speaker: _____ Listener: _____ Date: _____

The Two Agreements

Listener

I agree to listen to you until you feel you are understood.

Speaker

I agree not to give in or give up but to give my best.

The Ten Questions

1. What is the most pressing issue?
2. Is there something else in addition to that?
3. How is this affecting you?
See 'Emotional Word List' for suggestions.
4. What will the future be like if nothing changes?
5. What do you see as my responsibility?



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6. What do you see as your responsibility for this issue?

- 7a. What do you see as the preferable future?
- 7b. If this happens again, how would you like to course correct and connect?

- 8a. What can we agree upon to move forward?
- 8b. What outside help could we ask for?

9. Based on the preferable future, what is the one thing we cannot fail to do?
 - a) What should we continue to do that is working?

 - b) What new thing should we begin doing?

10. What practical steps could we take?