

Episode 53 with Jody Moore

How to have a difficult conversation

There were so many gems from this podcast that will help you resolve so many conflicts in your life with yourself and with others.

What is the most difficult conversation you have had?

What made it so difficult?

How much time do you spend thinking about how to approach difficult conversations?

How much energy is it using up?

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Suggestions on having difficult conversations.

1. Decide what your perfect scenario is. Write it out.
2. Accountability is important. There are two types of accountability: useful and toxic. (see note below)
3. Find the healthy balance in being nice to yourself & others with the 5 genuine nice thoughts and comments to 1 negative thought or comment. (Gottman research)
4. Decide how you define success for yourself. Decide ahead of time.
5. Decide if you want to be a moderator or an isolationist.

Two types of accountability

- Useful is talking to yourself with compassion and kindness. You see yourself for where you are and then ask what's going on.
- Toxic accountability is being overly critical, having an all or nothing approach without a lot of leeway. It's no fun being in your head.

When you learn how to have difficult conversations you will lose weight.

You will be able to feel the negative emotions and learn how to operate from your higher brain.

This is what creates more and more confidence.

For more help and support join my lifetime membership so that difficult conversations will be easier and easier and you will have so much more energy for quilting and other fun stuff in your life.

<https://daratomasson.com/love-yourself-thin/>