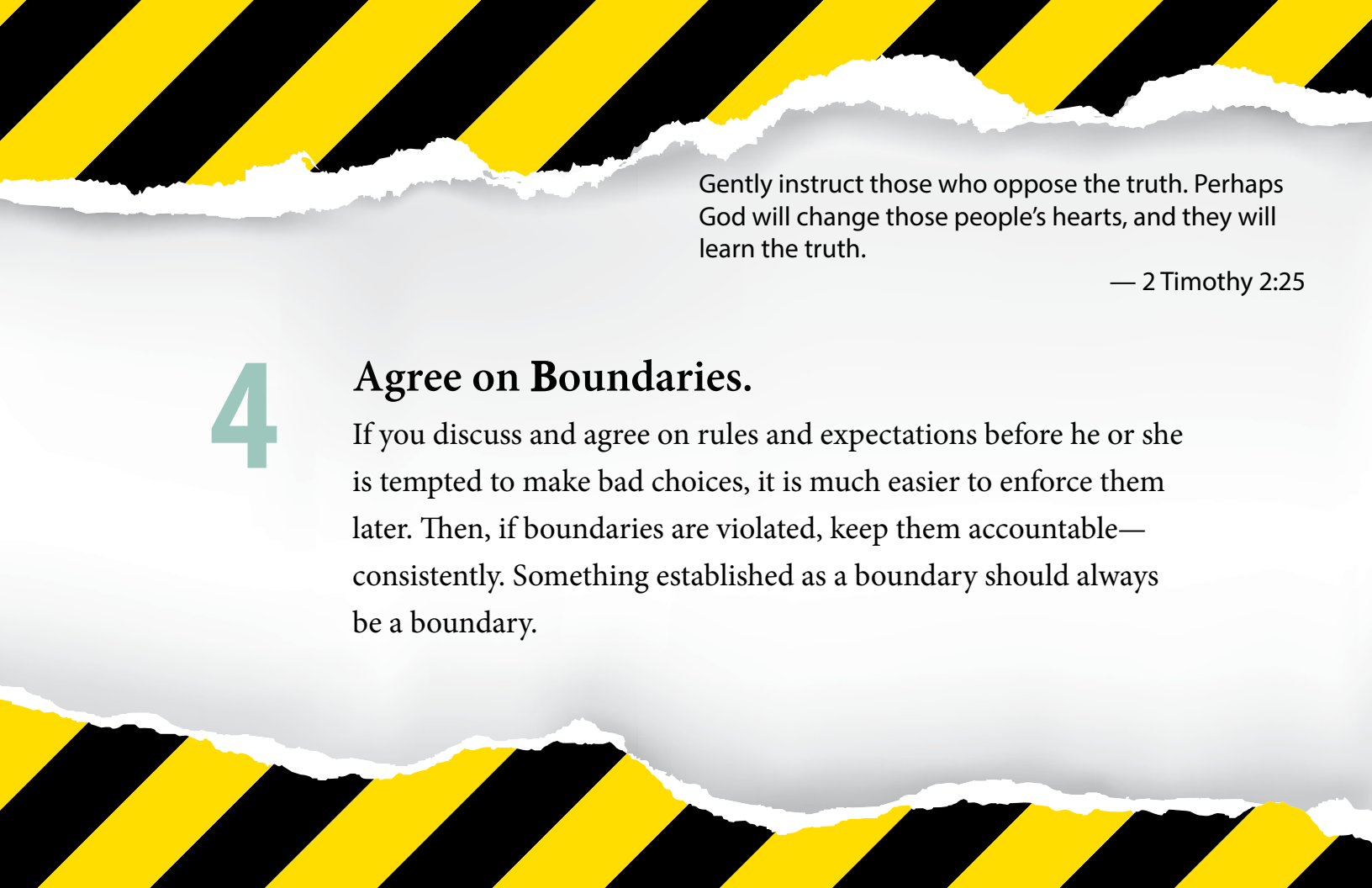


Help Them Feel Safe (continued):

If your loved one doesn't want to talk at all, help him or her understand why talking is required. "I understand that you don't want to talk right now. I also know that you intend to go to a party tonight where I have reason to believe there might be bad influences. If we can't talk before then, I'll need to decide how to deal with the party tonight on my own. If we can talk before then, it will give me a chance to hear your point of view. What would you prefer we do?"

c) Create a "safety reserve" by creating safety even when there are no problems. Communicating respect, praising small positive signs, "catching" them when they're being good, and showing an interest in the person's life will help him or her feel much safer talking to you when problems emerge.



Gently instruct those who oppose the truth. Perhaps God will change those people's hearts, and they will learn the truth.

— 2 Timothy 2:25

4

Agree on Boundaries.

If you discuss and agree on rules and expectations before he or she is tempted to make bad choices, it is much easier to enforce them later. Then, if boundaries are violated, keep them accountable—consistently. Something established as a boundary should always be a boundary.

5

Afterwards, Assess the Conversation.

Your goal is a two-way, face-to-face conversation that allows your loved one space to disagree with you and communicate their point-of-view, even if it differs significantly from yours. After the conversation, ask yourself: “Who did the most talking,” and “Did I follow the 5 Ways in this document?” If your loved one didn’t do at least 25% of the talking, you asked too few questions—or you didn’t help them feel safe enough to participate fully.

*Source: Joseph Grenny, author of the New York Times bestseller **Crucial Conversations: Tools for Talking When Stakes Are High***

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