

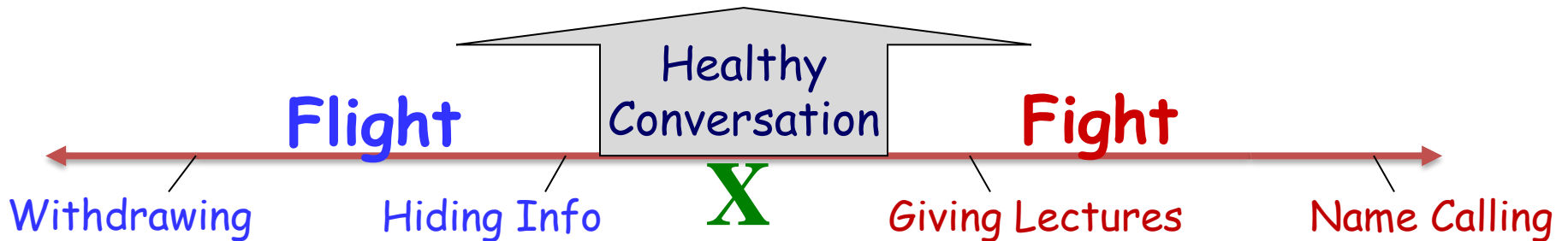


Better Than Duct Tape

What if I told you there's one thing you do every day that has a huge impact on each of your relationships, and yet you've never been taught how to do it well? This one skill can help you get along with managers, coaches, sons, daughter, and your spouse...and the sooner you learn it, the nicer people will treat you wherever you go.



I'm talking about the art of healthy conversations. Think about it... some conversations are positive and they bring people closer together. But some conversations go south in a hurry, leaving people feeling frustrated, or hurt, and sometimes angry. In each case, conversation skill.....or lack of skill..... is the single biggest factor that determines how we get along with others. Let's take a look at what's going on in your conversations.



Which direction do you tend to go: controlling the conversation by giving a lecture? or, withholding information by withdrawing? Neither verbal violence or verbal silence creates healthy conversation. Here's the challenge for the next week. Pay attention to your conversations. Be aware of when you head toward FIGHT or toward FLIGHT. Do your best to add your information to the conversation pool without trying to control the outcome, or withdraw from it. Then just see how well you get along with everyone in your life.

Adapted from "Crucial Conversations" by Kerry Patterson



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Discussion Guide for Parent and Athlete

1

Which mistake do you most often make?

- Verbal violence, or
- Verbal silence

2

If you're going to add more to the "pool of information" which one is most difficult?

- Your feelings
- Your facts
- Your opinions