10 Conversation Tips for difficult discussions

These heart-centered scripts are based on real discussions that I've had with families over the years. The openers are designed to start the hard conversations with compassion, and without guilt or frustration.

1. "**I know you're capable, but I worry. Can we create a plan together, so I don't stay up all night thinking about you?"**
(Appeals to their love for you while keeping their dignity intact.)

2. "**I found someone who can help a few hours a week—not because you can't do it, but so you don't have to."**
(Reframes help as a luxury or treat, not a necessity.)

3. "**This isn't about today. It's about the 'what if.' Let's make a plan while we're calm, so we're not scrambling later, especially during an emergency."**
(Good for proactive planning when nothing is "wrong.")

4. **"Would you be willing to try it for two weeks and then we can revisit?"**
(Creates a low-stakes trial period. There are also many ways to assure your parent that no one will move anything around in their home)

5. "**I know it's hard to imagine someone else in your space. Let's just meet them for a short time first and take it from there."**
(Focus on one small step instead of the whole change.)

6. "I**'ve been feeling overwhelmed trying to do this all on my own. Can we share the load?"**
(Shows vulnerability—sometimes that creates a shift.)

7. **I spoke to a professional who works with families like ours. Can we talk together next week?"**
(Gently introduces a third-party expert who is happy to help.)

8. "**It's not about giving up control—it's about making sure you stay in control longer.**"
(Aligns with their desire for independence.)

9. "**I know you don't want a stranger in the house. But what if they become someone you like and trust?"**
(Normalizes discomfort and hope for a positive outcome.)

10. **"Can we try this for me, even if you don't feel like you need it?"**
(When other approaches haven't worked, try an emotional appeal.)

If you're navigating a specific challenge or just feeling stuck, I offer a few free 30-minute Clarity Calls each month. No pressure—just a safe space to talk and get perspective.

Book your Clarity Call Here

You're doing a lot. You don't have to do it alone.

Warmly,
Susan Chaityn Leboivts

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