

Courageous Conversations Dialogue Sheet

Sentence starters to help you navigate and deepen your conversations.

They might need...



Moral

- An acknowledgement of their beliefs

I might say...

- ☐ I understand what you're saying, or I understand why you might feel that way... and I also see how it could be viewed differently(explain)...
- ☐ How might your personal experience be influencing your perspective?
- ☐ How might others be affected?

They might need...



Intellectual

- more information or data

I might say...

- ☐ Here is some more information about...
- ☐ you can find more resources on this at...
- ☐ I believe this situation or issue is having this impact...
- ☐ Can you give me a recent example of what you're describing?
- ☐ Can you give me some background about that situation?
- ☐ How might your personal experience be influencing your decision?
- ☐ I think I hear you saying....
- ☐ How do you believe others might view this?

They might need...



Emotional

- Acknowledgment of their feelings and empathy

I might say...

- ☐ Tell me more about why you feel this way...
- ☐ I understand how you could feel that way...
- ☐ What experiences have you had that make you feel that way?
- ☐ I'm struggling with this, it makes me _____ because...
- ☐ I'm struggling with your statement because...
- ☐ Who else may be affected by this?
- ☐ how do you believe others might feel?

They might need...



Relational

- To do something about an issue or problem-solve

I might say...

- ☐ Let's talk about the implications...
- ☐ Are others ready to move forward, why, why not?
- ☐ How should we proceed...?
- ☐ Let's brainstorm
- ☐ What would you like to do to resolve...
- ☐ What will it take to move forward?
- ☐ Who else may be affected by this?
- ☐ How can I best support you?