Uncage Your Emotions

HOW TO OWN WHO YOU ARE
IN THE MIDDLE OF YOUR MESS

SUCCESSFUL CONVERSATION



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When we share something important with another person, rarely do we stop to think about how we want to share it, let alone, considering what we want from the other person as our listener. Usually we start sharing and the other starts fixing and it ends up a complete miss.

We typically are focused on what it is we want to share. Whether it's a promotion at work, an idea that you've been working on, a misunderstanding, or self-realization, we focus on what we want to share and sometimes worry about how the other person will receive it. With that approach, we often end up feeling dismissed, minimized or like the attention moved **to** them versus feeling heard **from** them.

Imagine setting up your share knowing your ask! Do you want someone to just bounce ideas off of? Do you want collaboration on problem solving something? Do you want them just to hold space for you and you just want to share something vulnerably?

As the speaker (sharer) follow the prompts below by considering what you want:

1. **Feedback/collaboration:** "I have something I would like to share with you, and would love your input, is now a good time?"
2. **Bounce ideas around:** "I have something I would like to share with you, but I'm still working it through. It would be amazing if you could just throw ideas around with me. Is now a good time?"
3. **Validation:** "I have something I would like to share with you, I'm not looking for feedback, I would appreciate you holding space for me, is now a good time?"

As the listener you can respond:

Feedback/ Collaboration:
- I hear you
- Have you thought of...
- In the past you have said this... is that helpful?
- What are you hoping for?
- Is there anything you are afraid will happen?
- Is this familiar to you?

Bounce Ideas:
- I hear you
- Contribute what you have heard them say in the past.
- Contribute your ideas without attachment to them liking it. This isn't about you solving their problem; this is about you helping the creative process.

Validation:
- I hear you
- Say more
- I understand that (you can see from their point of view how come they are experiencing what they are going through)
- That makes sense to me
- I'm here for you
- I can relate
- I'm holding space for you
- I imagine you may feel....

Practice with these scripts until they become comfortable. They foster authenticity, vulnerability, validation, owning our emotions, being in the middle of our mess, and all of the skills you've learned in our time together!

Taunya Zipse relationship coach, therapist & speaker | WAKEUP, SHOW UP & OWN YOUR LIFE!