UNSTUCK

Conversation Planner

For the conversation you have been putting off or rehearsing at 2 a.m. Plan the point, the opener, and what good enough looks like, then let the rest be a conversation.

How to use this sheet

1. Fill in page 2 in one sitting. Rough is fine. This is a plan, not a script.
2. Keep the core message to one sentence. If it does not fit in one sentence, it is two conversations.
3. Write the other person's side as generously as you can. You do not have to agree with it.
4. Pick a time and place where neither of you is rushed, hungry, or performing for an audience.

A note on scripts

Over-rehearsed conversations go sideways the moment the other person says something off-script. Plan the first sentence and the one point that matters, then aim to listen more than you deliver. A good opener is honest and small: 'I want to talk about something that has been on my mind. Is now okay?'

Who is this conversation with, and what is it about?

Why now? What happens if it keeps not happening?

PLEASE READ: EDUCATIONAL USE ONLY

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The one thing I actually need to say
One sentence. This is the core message.

What I want to come out of this
A realistic outcome, not a personality transplant.

Their side, written generously
What do they likely care about, fear, or need here?

My opening line
Word for word. The first sentence is the hardest one.

If it gets heated, I will...
A pause plan: breathe, name it, offer to continue later.

Good enough looks like
Not perfect. What result would still count as progress?

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