

# UNTAME YOURSELF

Reconnect to The Lost Art,  
Power, and Freedom of  
Being A Woman



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# **Untame Yourself Book Companion**

## *Courageous Conversation Worksheet*

**The basis for a courageous conversation is choosing to bring up the things you're most nervous to share with important people in your life, where not sharing is self-denying and even riskier. And, to speak lovingly—without blame, making others wrong, or attacking anyone. Having these open conversations with the people closest to you will create opportunities for you to practice a lot of what I discuss in the book—practices around choice, allowing other people to have their own experiences, not being offended, and more.**

Note: This worksheet is intended to be a companion to my book, Untame Yourself. Going through the Framework alone is highly useful, but there is some valuable context in the book that provides deeper understanding and support for this process.

### **The Conversation Framework**

The general path a courageous conversation will take includes the following elements in this rough order:

- Pre-conversation journaling
- Set up/schedule the conversation
- Intro the actual conversation
- Share don't want/afraid that
- Share do want/desired outcome
- Describe your experience
- Ask if they have anything to share
- Make your ask/present your solution
- Establish expectations/agreements, boundaries, or how you both want to do things differently moving forward.

## **STEP ONE: Pre-Conversation**

Sometimes, in the heat of a moment loaded with fresh emotion, we say things we don't mean. Taking the time to get clear and honest with yourself first ensures you only say things you truly mean, from a place of considered feelings, clarity and calm.

Answer the questions below:

What's going on between me and this person that isn't OK with me right now?

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What are the things I'm feeling that I don't want to feel?

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How do I *want* to feel in relationship with this person?

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The thing I'm most afraid to say to (friend, family member, partner, co-worker, etc) is ...

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What I don't want to happen is... (What I'm afraid of is...)

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What I do want to happen/My desired outcome is...

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What support do I need? (this may or may not relate to the person or conflict)

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What change am I trying to create?

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## **STEP TWO: Setting Up the Conversation**

Depending on who this conversation is with, and your relationship with him or her, you may want to set it up ahead of time. You might be able to just bring it up while you're together sometime soon. It's your call. This section assumes you're scheduling it in advance.

A lot of us (humans) are wired to immediately assume something is wrong when someone asks, "Can we talk?" You want to be received fully, and have the person you want to talk to show up to the conversation without feeling dread, worry, or assuming the worst. That said, be sure to have the conversation in a place where you can both feel safe. A crowded Starbucks or other public place might not be the best choice. Make sure you have privacy and give yourself and the other person dignity.

Use this script to set it up (this can be a text or email if you want, but the actual conversation needs to be a *real live conversation*, meaning over the phone or in person).

"Hey (name), I've been working on some personal stuff lately, and there are a few things I'd love to share with you. Would you be up for a chat? Nothing's wrong, I'm just noticing some areas where I'd like to show up better, and toward that, I would really value your thoughts and feelings."

## **STEP THREE: Conversation Script**

The purpose of a script is to eliminate the chances you'll overthink this, especially at first while you are learning. You obviously don't have to follow this verbatim. In fact, I encourage you to make it your own. This just gives you the model so you can get to the conversations, and worry less about what to say.

### 1. Open up:

“Thank you so much for taking the time to chat with me, (Name), it means a lot. Like I mentioned, I've been working on some personal stuff lately, and there's a few things I'd love to share with you. Nothing's wrong, I'm just noticing some areas where I'd like to show up better and would really value your thoughts and feelings.

Here's what's going on...”

### 2. Share the fears, don't wants, *do* wants, and desired outcome you wrote down in Step One :

“I'm a bit nervous/afraid to share this with you, because I don't want (insert thing you don't want to happen, thing you're afraid of). What I do want is (insert thing you do want to happen, your desired outcome).

### 3. Describe your experience:

I can't fully script this out for you, because I don't know what your situation or experience is. Use these prompts to navigate your way through sharing your experience in a way that—*this is important*—doesn't blame them, shame them, or make them wrong. Your goal is simply to clearly communicate what's going on with you.

Whatever is the issue or experience you're addressing, describe:

- What feels good about it, and what doesn't?
- What's making you comfortable or uncomfortable?
- What you want to be available for, or no longer want to be available for?
- What hurts your feelings?
- How do you want to feel?
- What do you never want to feel again?

- What have you been doing? (This is a great place to bring up expectations or introduce the idea that you are trying to change some part of yourself.)
- What do you want to do differently?

4. Be as specific as possible:

Again, you make this all about you in this conversation. Start addressing behaviors or scenarios with the other person, instead of attacking their character. Use statements like:

- “When this happens I feel...”
- “My feelings get hurt when...”
- “When you say things like ... I assume it means...”
- “I realized I’ve been having an expectation that...”

5. Thank them for listening and ask if they have anything to share:

“How is all of that landing for you?”

or

“What’s present for you after hearing all of that?”

6. If they choose to answer right then (some people might want to sit with things and revisit later on, which is 100% respectable)--listen, like **REALLY LISTEN** to what they have to say. The same way you want them to listen to you. In fact, if they aren’t the best listener, the best thing you can do is demonstrate really present, active listening when it’s your turn. Do your best to hear what they are saying, keep your heart open, breathe, and not take anything personally.

7. Make your ask/present your solution.

“I’d love to share what I’d like to experience instead now, hear what you’d like to experience instead, and come to an agreement that feels good to both of us, cool?”

8. Verbally confirm any new agreements to be certain you’re both on the same page moving forward **OR** agree to another conversation to do that if they want some time and space to process and consider what you’ve discussed.

Be sure to acknowledge and appreciate them for having the conversation with you.

“To be clear, moving forward, we both agree that...(insert whatever you agree upon). Thank you so much for doing this with me, (insert something you genuinely appreciated about the experience or the way they showed up for it) I know it’s not easy and it really means a lot.”

**Closing thoughts:**

This practice is largely about doing your very best, showing up with beautiful intentions when you are also feeling clear about where you stand and have a desire to have better connection and relationships with someone. Just because that’s what you want, doesn’t mean other people will be ready for it, however, it’s always much more worth a shot than stifling your voice or your feelings.

Again, I want to remind you, if you’ve stumbled upon this worksheet separate from the book, there are supporting examples and greater context in the book around having these conversations, creating boundaries, using discernment, identifying where your expectations lie, where you want to have better agreements, certain emotions or feelings you may want to process on your own before you have conversations like this, and navigating the before and after experience more thoroughly.

Last but not least it’s super normal to feel nervous or anxious about having the conversation you worked through in this sheet - whether or not you actually have it is up to you, just know the outcome is always exactly what’s needed. That includes if the conversation doesn’t go “well” - as referenced in the book, when Grace intervenes, it doesn’t always feel good, it is however, always right and necessary. And of course, life never gives you more than you can handle.

Big love,  
*Elizabeth*

P.S. I’d love to know how this works for you. Come on over to our [Untame Yourself Facebook Community](#) to share your experience!