

# 5 tips to have tough conversations with your **parents**





## Write down your talking points

- Writing it down will make you precise
- When you're emotional it's easy to forget what you want to say



## Where & When

- Pick a neutral place
- Choose a low-stress time



## Respect their point of view

- Acknowledge where they're coming from
- Embrace their reactions
- Remember, they want the best for you



## Stay calm and listen

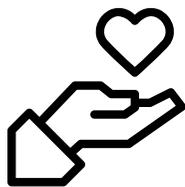
- Don't use forceful language
- Listen to understand, not to reply



## Lead with empathy and assertive communication

- “I respect that this is difficult, but let’s make sure that we set up a plan the way we want it.”
- “I respect your opinion, but I want you to understand that we have different perspectives.”

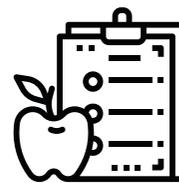
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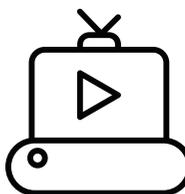
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