

The Bulletproof Dialogue Checklist: 10 Fail-Safe Steps for High-Stakes Conversations

1. Check Your Motivation

- Identify why you want to have this conversation
- Ensure your motivation serves the relationship, not just yourself
- Ask yourself if the conversation is truly necessary

2. Prioritize the Relationship

- Commit to preserving the relationship over winning the argument
- Focus on understanding and connection, not proving your point
- Prepare to be flexible and open-minded

3. Set the Stage

- Choose the right time and place for the conversation
- Consider the other person's communication preferences
- Create a comfortable and non-threatening environment

4. Prepare Your Approach

- Tailor your communication style to the other person's needs
- Plan to use their love language in your communication
- Anticipate potential reactions and prepare responses

5. Practice Active Listening

- Give your full attention to the speaker
- Observe non-verbal cues and tone of voice
- Ask clarifying questions to ensure understanding

6. Communicate with Care

- Use "I" statements to express your feelings and thoughts
- Avoid accusatory language or bringing up past issues
- Stick to one topic at a time

7. Manage Your Ego

- Be willing to admit when you don't understand
- Ask questions without fear of appearing foolish
- Stay open to the possibility that you might be wrong

8. Seek Common Ground

- Look for areas of agreement
- Focus on shared goals and values
- Work towards a mutually beneficial solution

9. Create an Action Plan

- Define the required outcome of the conversation
- Outline specific steps to achieve the outcome
- Set a timeframe for implementation

10. Follow Up and Reflect

- Schedule a time to review progress
- Be open to adjusting the plan if needed
- Reinforce positive changes and celebrate progress