The Parts & Purpose of Breakthrough Communication

**SORT MYSELF**

To prepare myself to share what’s true for me in a healthy and responsible way

**OPEN**

To focus the conversation and invite openness and participation

**EXPRESS MY WORLD**

To share my truth without being “right” and create a space for other perspectives

**GET YOUR WORLD**

To take in the other person’s world as they see and experience it

**EXPLORE POSSIBILITY**

To brainstorm options and ideas that build energy and access possibility

**GET ON THE GROUND**

To choose next actions and make clear agreements (accounting for energy)

**COMPLETE**

To appreciate and complete the experience

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**INTENT**

To communicate ways that:

- Honor and strengthen our relationship
- Supports us building better results together

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**When to have a Breakthrough Conversation**

- When you are ready for something new
- The stakes are high
- The project or relationship is important
BREAKTHROUGH COMMUNICATION

Sort Myself

1. In one minute or less, **describe the situation**.

2. As you think about that situation, **what are you feeling**? (Frustrated, concerned, nervous, etc.)

3. What do you **really want** with this person or in this situation? (The big want)

4. If your next conversation could move you toward that, **what would you want out of that conversation**?

5. What are some of the **facts** you are focused on?

6. What are some of the **stories** you are making up?

7. What are you now aware you want out of the next conversation? (Intent)

8. What do you want to focus on? (Content)

9. Are you **open to having this conversation**? If yes, by when?

Conversation Cheat Sheet

Open the Conversation

- My intent for this conversation is _____.
- The content I want to focus on is _____.

Express My World

- What happened is _____. (Facts)
- The story I’m making up is _____. (Story)

Get Your World

- What’s true for you?
- What I hear you saying is _____. Is that right?

Explore Possibility & Get on the Ground

- Let’s brainstorm some ideas and/or possibilities together.
- Where is there energy you/we could lean into?
- Are you willing to take the next step? If so, by when?

Complete the Conversation

- I appreciate _____.
- Is there anything else you or I need to say to complete this conversation?