BREAKTHROUGH COMMUNICATION

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

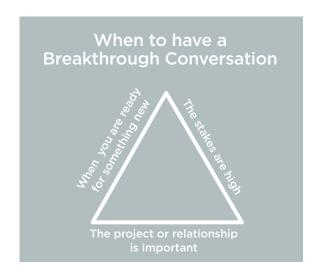
To appreciate and complete the experience

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INTENT

To communicate ways that:

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



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?