



THE CONVERSATION MAP

MAKE ROOM TO LISTEN AND UNDERSTAND.



ORIGIN

Separate the event from your reading

Write what was said or done as accurately as you can. Mark uncertain memories and avoid quotation marks unless you remember the words.

If your note includes "always", "never" or "everyone", ask: which occasion, who specifically and what did they actually do? Check what you know before keeping a broad conclusion. Then write the meaning you have attached to the event. "The meeting began without me" describes an event. "They do not respect me" is an interpretation that needs checking. Both matter, but they are different kinds of information.

What I observed / what is uncertain

My interpretation / another possible explanation

Name your own action

A boundary here means a limit you will act on yourself. "If we begin insulting each other, I will pause this discussion" describes your action. "You must never disagree" tries to control the response.

Choose a limit you can carry out and explain without turning it into a threat. Workplace or family responsibilities may need a shared process or other support; a prepared sentence does not settle those requirements.

The limit I need to name

What I will do / what needs discussion or support

Choose the page you need

I am not sure what happened: separate events and interpretations on page 5.

I do not know what to ask for: define a purpose on page 7 and a request on page 9.

I need a limit: name your own action on page 10.

I do not know how to start: use the invitation and opening on pages 14-15.

We are speaking past each other: check understanding on page 18 and the difference on page 21.

I need to correct my part: use the repair page on page 23.

We reached an agreement: record it on page 24 and review it on page 27.

We did not agree: use page 28 rather than writing a result that did not happen.

The page I want to return to
