



## **Brave Conversations: How Sharing Our Humanity Helps Us Heal**

1. What about my own experiences (my temperament, family of origin, cultural, religious upbringing, etc.) may impact what it's like for me to have brave conversations?
2. What are some of my own limiting beliefs that I have carried with me that impact how I share my humanity?

*\*What's a self-compassionate response I can offer to one of my core limiting beliefs?*

3. When I imagine a brave conversation I'd like or need to have, what are some of my fears and expectations of my conversation partner? What gets stirred up in me when I think about this conversation?
4. What's one need that I could communicate in my next brave conversation?
5. My intention regarding brave conversations is:

**One thing I can do THIS WEEK to support my intention is:**