

## PRODUCTIVE CONVERSATIONS - bobandaudrey.com

When I feel stuck, insecure, or unloved, my words will come out defensive, demanding, or blaming. But when I pivot into my true identity—secure, sensitive, and rooted in Jesus—I can choose a whole new starting point. Instead of trying to prove my pain or force a solution, I can invite connection, understanding, and hope. The goal is not to win the conversation, but to **win each other's hearts back**.

### BEFORE CONVERSATION: (MOST IMPORTANT)

At the end of this conversation I want to feel: \_\_\_\_\_

At the end of this conversation I want them to feel \_\_\_\_\_

### Unproductive Conversation Script

- “We need to talk.”
- “We have a problem.”
- “You really hurt me when you...”
- “You’ve caused this.”
- “I need you to change.”
- “What are you going to do to stop?” (Tell me what you’re going to do)

### Productive Conversation Script

- “I’ve got good news.”
- “I have some understanding.”
- “I’ve noticed I’ve been reacting lately by being...”
- “I have felt insecure.”
- “I want to apologize for my (anger, silent treatment).”
- “Here’s my dream for us.” (Respond if you want, or take time, or I really need to know your response to this, or don’t do anything—just know you are loved.)