

Supportive Conversation Planner

Preparing for a Supportive Conversation

This tool can help you think through a conversation before speaking with someone.

What Have I Noticed?

Why Am I Concerned?

What Might I Say?

Examples:

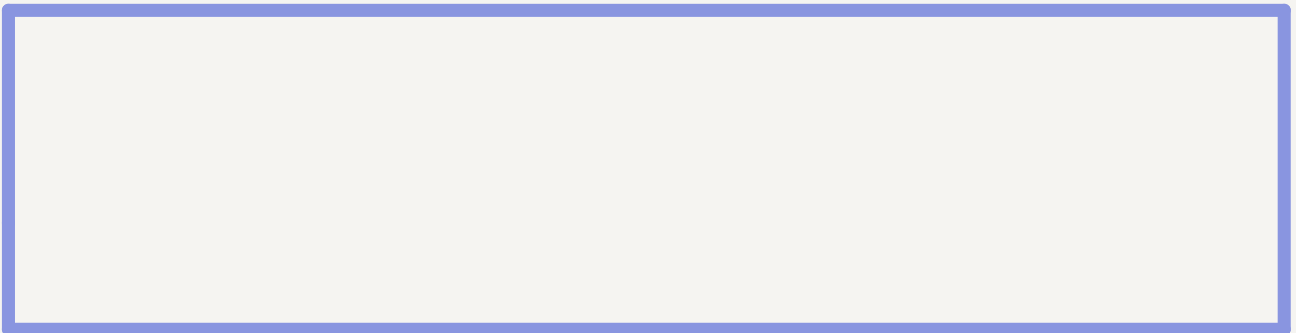
- "I've noticed..."
- "I wanted to check in..."
- "How have things been recently?"

My approach:

What Support Options Are Available?



What Boundaries Do I Need to Maintain?



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Key Reminder

Notice
Check in
Listen
Support
Signpost

You do not need to fix the problem.

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