

Left ● Right ● Center

Worksheet

● Center:

- a. Determine your _____, if you find yourself in a conversation with someone that has become difficult, specifically when dealing with a confronting or sensitive topic.
 - i. This is the topic you are wanting to _____.
 - ii. If possible, determine this _____.

● Left or Right:

- b. Often times, if the other person finds it _____ with your topic and tries to _____ the focus of the _____ to something else. When you've noticed that this has happen, they have moved the discussion from _____ to the _____. This is a natural, protective response from their ego, nothing to take personally. Simply respond by:
 - i. Acknowledging _____.
 - ii. Writing _____ (let them see you do this, so they know you have heard them).

1. Using the conversation sheet, write down their comments under either the _____.
- iii. Assuring _____ that those will be discussed at another time or right after this issue is taken care of, i.e., ‘I had not idea you felt that way. I’m more than happy to talk to you about that next, but right now, we need to finish dealing with _____ (repeat the center point)’
1. This step _____ with several different comebacks the other person might use to distract you from staying on the center point. All of this is natural, and as long as you keep no emotion around it and continue to redirect to center, you will maintain _____ over the discussion. This usually results in you being able to address/resolve the main issue. The other party may actually become mentally exhausted from your consistent redirects by you and be easier to deal with overall.