

# CONVERSATION THAT MATTERS:

## Addressing Forbidden Topics and One's True Sense of Self

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### HEADY - "WHY? WHAT?"

#### Pro

- understanding
- attentive
- focus
- detached (also a con)
- ask hard questions

#### Con

- heartless
- too many questions
- resistance
- paralysis/no traction
- over confident



### HEARTY - "HOW?"

#### Pro

- being excited
- being open
- authenticity
- empathetic
- listening
- being an ally to others
- passion
- awareness
- synthesizer
- being a translator
- info gatherer
- respectful
- you are loyal

#### Con

- throwing things
- "calm down" backfire
- not being taken seriously
- too involved
- too close
- getting the feeling to action
- thinking about it too long
- your decisions hurting others
- having no boundaries
- reacting without info



### ACTION - "DO!" / VERBS

#### Good

- get shit done
- problem solving
- results oriented
- accountability
- responsible
- leadership
- adaptable
- action with minimal data points
- initiative
- independent
- eagerness to implement
- intuitive
- charismatic

#### Bad

- waste energy
- too quick to take action
- not collaborative/more dictator
- too honest
- bossy
- controlling
- manipulative
- not good listeners
- prevents buy in
- narcissistic



GOOD  
ENOUGH  
NOW




### WANT MORE?

Call **917-543-0966** or email [Jess@goodenoughnow.com](mailto:Jess@goodenoughnow.com)

Learn more at [www.goodenoughnow.com](http://www.goodenoughnow.com)

Find resources at [goodenoughnow.com/freebies](http://goodenoughnow.com/freebies)

# YOU PICK! HEAD, HEART, ACTION SHEET

	<b>Head</b> 	<b>Heart</b> 	<b>Action</b> 
<b>You</b>			
<b>Others</b>			

#1

#2

Third Rail



**MLK**

Heart

Action

Head



**Mother  
Teresa**

Head

Heart

Action



**Gandhi**

Head

Action

Heart

**You?**




# WHEN TO INTERVENE CHART

Your Intent	Their Impact
Tell a funny joke about divorce.	They didn't like the joke because they were just served divorce papers.
Their Intent	Your Impact
Celebrate an honor you received.	The award was long overdue.

## INTENT VS. IMPACT SHEET

Your - Intent		Their - Impact	
+	Tell a funny joke about divorce.	-	They didn't like the joke because they were just served divorce papers.
Their - Intent		Your - Impact	
-	As a warning to not be late again, you are asked to take notes.	+	You like taking notes because it keeps you focused and feeling important.
Your - Intent		Their - Impact	
-	Grounding a child for the weekend.	+	They get to miss a school function where they are constantly bullied.
Their - Intent		Your - Impact	
+	Celebrate an honor you received.	-	The award was long overdue.

## DIG DEEPER

  
**Subordinated  
and/or  
Marginalized**

**Dominant  
and/or  
Privileged**  


	Race	
	Age	
	Economic Class	
	Ability	
	Gender	
	Religion	
	Veteran Status	
	Marital Status	
	Education Access	
	Size	
	Sexual Orientation/ Identity	
	Political Affiliation	
	Nationality	

