

## Choosing Conversations to Have

Our relationships all differ, so it doesn't mean we enjoy the same conversations with all our friends.

In this worksheet, we identify what sorts of conversations we do and don't like to have. It helps to recognize 'hot topics' that can lead to upset on either, or both, sides.

Friends name: [ \_\_\_\_\_ ]

I enjoy talking about

But I don't enjoy talking about

Friends name: [ \_\_\_\_\_ ]

I enjoy talking about

**But I don't enjoy talking about**

**Friends name:** [ \_\_\_\_\_ ]

**I enjoy talking about**

**But I don't enjoy talking about**

**Friends name:** [ \_\_\_\_\_ ]

**I enjoy talking about**

**But I don't enjoy talking about**

**Friends name:** [ \_\_\_\_\_ ]

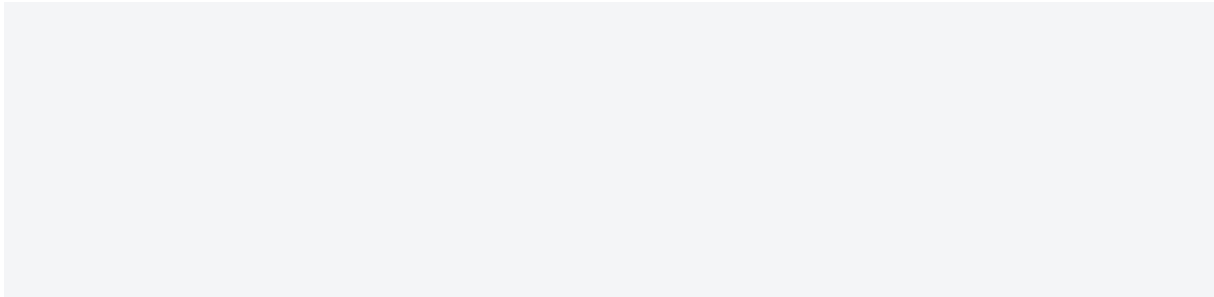
**I enjoy talking about**

**But I don't enjoy talking about**

**Friends name:** [ \_\_\_\_\_ ]

**I enjoy talking about**

### **But I don't enjoy talking about**



Reflect on your above answers. Remember that it's OK to favor specific conversations and steer clear of others.

### **References**

- Tawwab, N. G. (2021). *Set boundaries workbook: Practical exercises for understanding your needs and setting healthy limits*. Little Brown Book Group.

Dr. Jeremy Sutton, PhD.