



FREE PRACTICAL TOOL

After a Hard Conversation

A caring reset for after you have said something difficult or received information that lands heavily.

Start here

- 1 Give your nervous system a pause: water, a walk, quiet, or a comforting activity.
- 2 Write down what you heard and what you need to think about before responding again.
- 3 Avoid forcing an immediate resolution if emotions are still high.
- 4 Choose a respectful next step: a follow-up time, a question, a boundary, or rest.

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