



Courageous Conversations

Let us pray ...

God cannot abide with us in a place of fear.

God cannot abide with us in a place of ill will or hatred.

God cannot abide with us inside a nonstop volley of claim and counterclaim.

God cannot abide with us in an endless flow of online punditry and analysis.

God cannot speak inside of so much angry noise and conscious deceit.

God cannot be found when all sides are so far from the Source.

God cannot be born except in a womb of Love.

So offer God that womb.

× Adapted from Richard Rohr, OFM


A hand wearing a grey knit sleeve holds a lit sparkler. The sparkler is bright yellow and orange, with many sparks flying out. The background is dark and has a splattered, ink-like texture. The text "Let's talk about YOU!" is overlaid in white.

Let's talk about
YOU!



“Everything is Formation.”

Fr. Chris Tozzi



“If the solution exists outside of
you, it’s not a solution.”

Fr. John Howard, CJM



“Experience your experiences.”

Fr. Richard Rohr, OFM

1. The ARTful Conversation



Learn to practice:

Unconditional Positive Regard



THE ART OF COMMUNICATION

A CTIVE AWARENESS

- Recognize style difference
- Check your bias and your ego
- Process your perceptions



R ESPOND RESPECTFULLY

- Demonstrate understanding, acknowledge and identify interests
- Ask open-ended questions
- Acknowledge your responsibility



T ROUBLESHOOT TOGETHER

- Tell your perspective in a non-confrontational way
- Ensure all interests are met
- End on a positive note



10 TIPS FOR MANAGING CONFLICT

1 Work on trying to be thoughtful instead of trying to prove that you are right.

2 Acknowledge that you have a right to your feelings and that it is okay for you to be upset. By doing so, you will be able to move through your own emotions better. Then, you will be able to accept the other person's reactions.

3 Let go of believing that you own the only truth about the situation

4 Recognize that ignoring or attacking the other person rarely gets you what you need.

5 Do what you can to really listen to the other person. As much as possible, show genuine curiosity about what led them to their opinion of the situation.

6 Ask yourself: how can I say what I want to tell them in a way that they can hear it?

7 Know this: almost all conflicts have their basis in an underlying need not being met (respect, acknowledgement, acceptance, fairness, etc.). The more you can communicate your needs, instead of your complaints, the better off you will be.

8 Take time before you talk. It is hard to think clearly when one is angry.

9 Don't be afraid to acknowledge any responsibility for mistakes you might have made. Also, acknowledge what the other person is right about. These gestures go a long way to build momentum in moving forward.

10 No matter what you are doing to de-escalate the situation and no matter what the other person may be doing that might escalate it, always come from a place of respect, understanding, and humility.

What do you think?



2. Group Agreements



Start with you:

I'm nervous. I'm excited.

I'm not sure. I'm hopeful.

I'm ...

Create group agreements

- × Confidential
- × Respectful
- × Open-Minded
- × Non-Judgmental
- × Be Present
- × Video on?
- × What else?
- × *Post them in the chat box, each time.*
- × *Seek permission from each participant to “enforce” these agreements.*

Four+1 Intentions

- × Listen from the heart.
- × Speak from the heart.
- × Be spontaneous and authentic.
- × Be lean of expression.
- × Avoid crosstalk

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Agreements for Courageous Conversations

Stay Engaged

Remain morally, emotionally, intellectually, and socially involved in dialogue.

Experience Discomfort

Recognize that discomfort often leads to real growth.

Expect & Accept Non-Closure


There is no "quick fix." The more one communicates, the more one can learn; the more one learns, the more appropriate and promising your actions.

Speak Your Truth

We are experts in defining our own experiences and personal realities.

3. But what about ...





It's too easy, and rarely fruitful, to talk about "them."
How is God challenging or inviting YOU?

Some possible interventions:

What are you feeling now?

Is that an opening or a barrier for God to speak to you about you?

How might this be an invitation to a deeper love for you?

What do you think?
How do you feel?



Love big
questions.

Not small answers.

I want to beg you, as much as I can,
to be patient toward all that is
unsolved in your heart and to try
to *love the questions themselves* like
locked rooms and like books that
are written in a very foreign tongue.
Do not now seek the answers,
which cannot be given you because
you would not be able to live them.
And the point is, to live
everything. *Live* the questions now.
Perhaps you will then gradually,
without noticing it, live along some
distant day into the answer.

Rainer Maria Rilke, Letters to a Young Poet (1903)





Go in peace.

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