

REASONS I AVOID TOUGH CONVERSATIONS

Check those reasons that you are sometimes guilty of committing when avoiding a tough conversation with others.

_____ I secretly hope it will just go away

_____ I don't have the time

_____ I don't know how to go about starting the conversation

_____ I know the person is going through a tough time and I don't want to add to their stress

_____ I believe the message can be addressed via email

_____ This is a nice person and I don't want to hurt their feelings

_____ It's embarrassing to raise the issue

_____ I don't like drama

_____ I'm afraid it'll make their performance even worse

_____ The conversation may jeopardize my friendship with the person

_____ The person may cry or get upset

_____ I believe that the conversation won't change anything

_____ My emotions might get the best of me (anger, frustration, etc.)

_____ Other: _____

_____ Other: _____