

FROM CONCEALING TO REVEALING

Who have you withheld communication from?

What have you not told them?

How have you withdrawn from your relationship with them?

What are you afraid they will say or do?

Do you really want to be closer to them?

Use the unarguable speaking checklist below to decide exactly what it is you might reveal to them in your next conversation:

Related to the information you've been withholding,

1. Are there any body sensations that come up for you? What's happening where?
2. Are there any feelings or emotions you'd like to express?
3. What thoughts come up for you?
4. Do you have any requests? What are they? Remember to start with "Would you be willing to...."
5. Schedule the conversation.