

HOW TO START A HARD CONVERSATION



Use the prompts below to help you think through what specifically has happened, or what you've noticed about your friend or loved one that has caused you to be concerned about them, and how you might be able to talk about it.

Start the conversation when there is an open window of time to have an in-depth discussion, and you won't have to cut the conversation short to take care of other obligations.

Talking to you about this makes me feel (Nervous/Anxious_____). But I am telling you this because (I am worried about you, I am afraid for you, I don't know if anyone else has talked to you about this_____).

I Noticed your (Changes in Appetite/ loss of interest in things you used to enjoy/inability to concentrate/ alcohol or drug use or abuse/ overwhelming sadness/ anger/ cutting/talk of suicide_____).

For the Past (period of time) _____. It seems like you have been feeling (use things like unlike or self/sad/ angry/anxious to describe what you noticed about them).

You seem to be struggling with your (Death of a Pet/Health Diagnosis/ Job Loss/ Death of a loved one/Housing issues_____).

I would like to help you (talk to a doctor or therapist/figure out what to do/Create a plan to get better_____. What can I do?