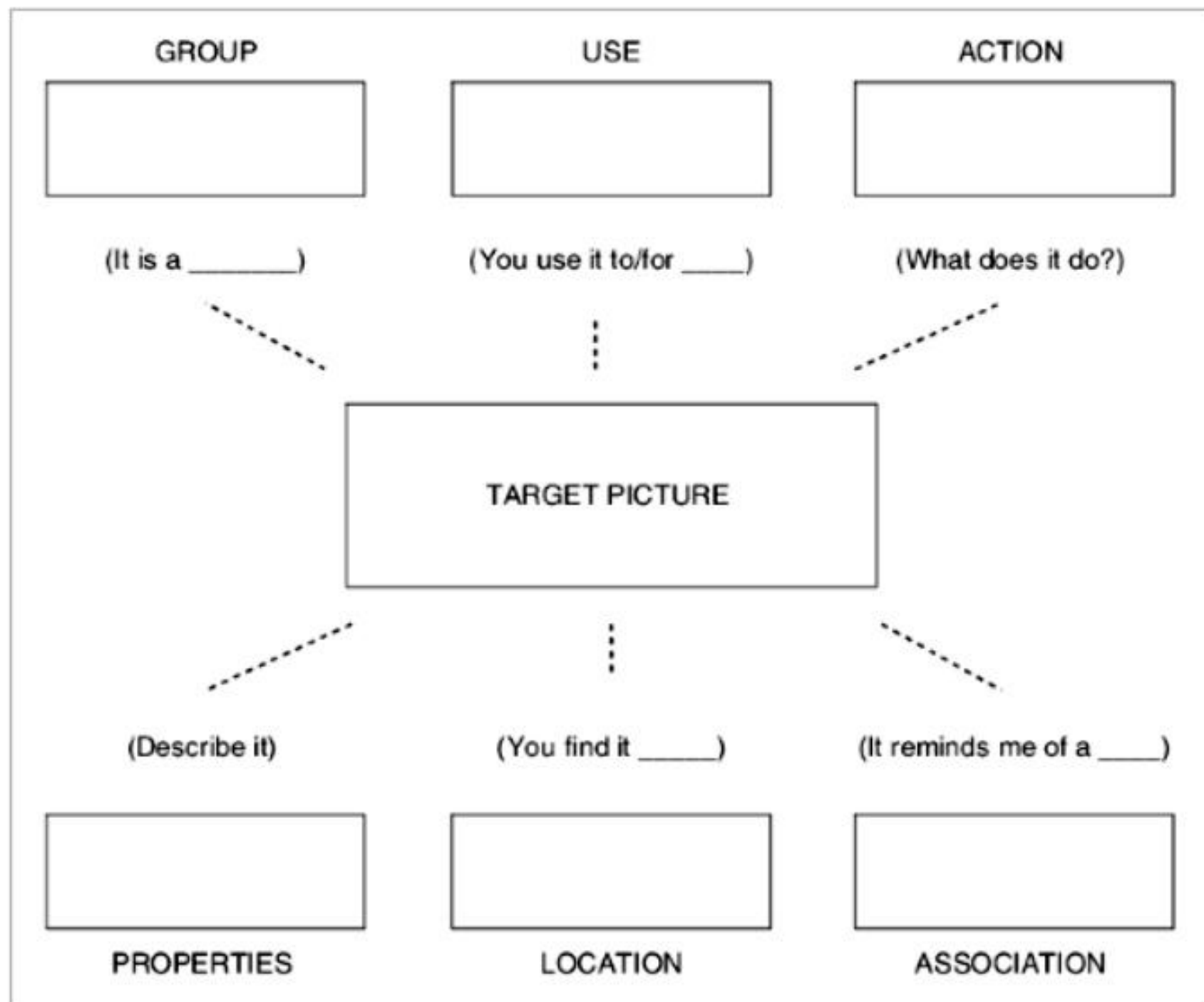




# Practice a Little Every Day

## Easy daily habits

- Games- heads up, scattegories
- Use the strategies whenever word finding happens so the brain learns and gets faster
- Chat often — conversation is great practice.
- Keep it light and low-pressure.

## Remember

- Talk **around** the word.
- Cue yourself — sound, gesture, category.
- Pause, breathe, and come back to it.

***You've got this — one word at a time.***

# Listening without Solving Checklist

| Attentive Listening                                                                                                            | Empathetic Responding                                                                         |
|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Faces Speaker                                                                                         | <input type="checkbox"/> <i>Asks relevant questions which helps the speaker clarify ideas</i> |
| <input type="checkbox"/> Leans Forward                                                                                         | <input type="checkbox"/> Identifies the speaker's feelings                                    |
| <input type="checkbox"/> Maintains eye contact                                                                                 | <input type="checkbox"/> Paraphrases the content of the message                               |
| <input type="checkbox"/> Reflect speaker's feelings nonverbally.... <i>nods, smiles/ shakes head, furrows brows, tilt head</i> | <input type="checkbox"/> Pauses before/after speaking                                         |
| <input type="checkbox"/> Does not interrupt                                                                                    | <input type="checkbox"/> Demonstrates a desire to understand                                  |

*The other person is about to talk about something. While the other person is talking, try to pay attention to the story fully. Make the conversation the most important object of your attention. Be present with the other person and his or her story. If you get distracted, get back to the conversation at this moment.*

# Crucial Conversations: The Gist

**A crucial conversation = high stakes + strong emotions + differing opinions.**

- **Start with heart.** Know what you really want—for yourself, others, and the relationship.
- **Master your stories.** Separate facts from the story you tell yourself before reacting.
- **Share your path with STATE:** State facts, Tell your story, Ask for others' views, Talk tentatively, Encourage testing.
- **Use Contrasting to repair.** Clarify what you don't mean, then affirm what you do:  
"I don't want X; I do want Y."
  - How do you see it? Or Help me understand...
  - Own- your story and avoid absolutes (always, never)
  - Do you see it differently?