

INTRODUCTION: The following steps will help you begin to integrate the principles of Solution Talk into your conversation with your co-parent. If you don't have a co-parent, please don't skip this activity. Instead, think of a challenge you are having with a friend, co-worker, employee, or family member. Then follow the steps while adapting them as necessary.

STEP ONE: In the box below, list the topics you believe would be helpful to discuss with your co-parent. Common examples for co-parents include improving communication, becoming more aligned on consequences, seeking agreement on specific rules, or becoming more unified on specific topics such as 'managing technology in our home.'

STEP TWO: On a scale 1-10, rate each topic on how difficult it would be to have a conversation with your co-parent (1=easiest to discuss/10=most challenging)

STEP THREE: Share your list with your co-parent and choose a topic to discuss that has a rating less than 5. If there aren't any topics with a rating less than 5 on your lists, then take time to think of one. It might seem unimportant compared to your other topics. (It's important to start with an easy topic.)

RATING 1-10	POSSIBLE TOPICS

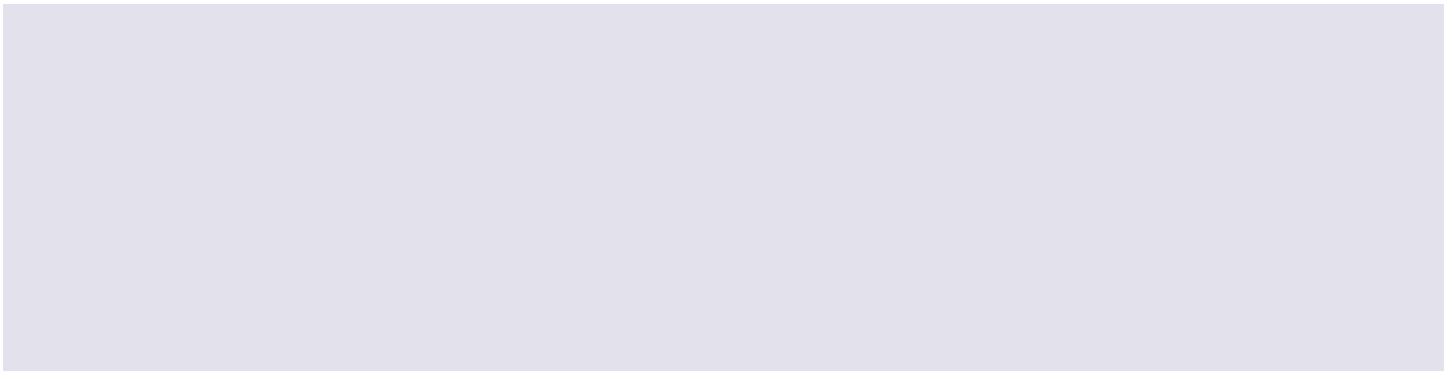
STEP FOUR: Review the following reminders before starting your Solution Talk. Put a check next to the ones you see as most important for this conversation.

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- Resolve to start with a positive tone (the first two minutes are critical)
 - Focus on one thing only (avoid the temptation to wander or pile on)
 - Avoid early criticism at all costs (e.g. "you never/always")
 - Team up against the problem (the problem is the enemy, not your co-parent)
 - Stay curious (listen for understanding)
 - Defend against defensiveness (e.g., no interrupting, excuses or counter-blame)
 - Concentrate more on the present and future versus the past
 - Keep it moving forward (don't get stuck on one point)
 - Manage your emotions (breath, relax)
 - Take a break if needed (30+ minutes)

STEP FIVE: Follow these five steps as you discuss your topic:

1. Get educated on each person's perspective
 - Decide who will share first.
 - Listen as if it's your first time discussing the topic.
 - Try to discover something you didn't know before.
2. Confirm understanding
 - Listen and reflect until the speaker feels completely understood.
3. Generate possible solutions
 - Write down all the ideas you can think of (without evaluating).
4. Decide on your plan
 - Pick one or more idea(s) to try as an "experiment."
5. Follow up
 - Plan a time to talk in a week or two to discuss how the experiment is going.
 - What's working? What's not? What do you want to adjust?

STEP SIX: What went well? Jot down your observations below.



STEP SEVEN: For next time, what would you like to do better?

