

MODULE 4 TOOL: TOPIC-SPECIFIC CONVERSATION STARTERS

Real Scripts for Real Conversations

FINANCIAL CONVERSATIONS

The Wound Beneath: Fear of security, control, or being judged for money choices

Your Opener: "I've been feeling anxious about our finances, and I realize I haven't been sharing this burden with you. Can we look at our situation together and make a plan?"

What you're validating: "I know money was scary growing up for you. I understand why security matters."

INTIMACY & SEXUAL CONVERSATIONS

The Wound Beneath: Shame, inadequacy, or fear of rejection

Your Opener: "I love you and want to feel closer to you. I've been struggling with some things in our physical relationship. Would you be willing to have this conversation with me?"

What you're validating: "I know this feels vulnerable. I appreciate your courage in being open."

PARENTING CONVERSATIONS

The Wound Beneath: Defense of identity or rebellion against your own childhood

Your Opener: "I've noticed we handle [situation] differently with the kids. I want us to support each other as parents. Can we find common ground?"

What you're validating: "We're both trying to be the parent our kids need. We just have different ideas."

FAMILY-OF-ORIGIN CONVERSATIONS

The Wound Beneath: Loyalty conflicts ("Whose side are you on?")

Your Opener: "I'm feeling caught between you and my family. I want to honor both of you well. Can we talk about how to navigate this together as a team?"

What you're validating: "I know you feel excluded by my family. I want us to be united."

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DREAMS & FUTURE CONVERSATIONS

The Wound Beneath: Fear that your dreams don't matter or that you're drifting apart

Your Opener: "I've been thinking about our future, and I realize we haven't talked about what we're building together. I'd love to talk about your dreams and hopes."

What you're validating: "I want to remember why we married each other and what we're creating together."

YOUR CONVERSATION PREPARATION

Which topic are you addressing?

What is the REAL wound beneath it?

Which opener will you use?

What validation will you offer?

When and where will you have this conversation?
