Talking about interests together

Reflection and understanding | 1 of 2

Each person can complete their own copy first. A difference in interests is information, not a score to overcome.

Name or initials (optional): _____ Date: _____

1. What do I enjoy or hope for, and what am I happy to discuss but not pursue?

2. Where do our interests overlap? Where do we differ without either person needing to change?

3. What words do we need to define so that we understand each other?

Talking about interests together

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What practical needs, boundaries and care preferences should be included in any shared plan?

5. How will we respond kindly to a no or to an experience that differs from expectations?

6. What conversation or modest agreement would help us understand each other better?

My next step / support I can ask for / date to review: