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KEEP CALM

If you need to have a difficult conversation with your ex, the first step is to **STAY CALM.**

Staying calm makes it easier to listen and to be listened to. This can help you to find solutions without the conversation getting out of hand.



- Focus on finding a solution.
- Get clear on what you want to say.
- Be prepared to listen.
- Take a long, slow, deep breath.
- Relax your shoulders.
- Ready?

You can try these steps before starting a difficult conversation. You can even use them to reset yourself if something comes up during the conversation that upsets you.

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