

Why are hot potato conversations SO HARD?

Here are a few reasons why people find them so hard. They:

1. Dislike strong emotions
2. Fear disapproval/exclusion
3. Dislike conflict
4. Only logic and facts allowed, no emotions
5. Over-simplifying complex topic
6. Want open discussion, not argument
7. Feeling threatened
8. Feel safer being agreeable

Please write your own reasons in the chat box.

An invitation to **zero gravity** hot potatoes



Interaction first, relationship first





Setting of intention for hot potato conversations

1. We agree that our relationship is the most important thing.
2. We share when feeling or noticing strong emotions, and agree to time out as needed.
3. We agree that the issue is complex and more than one conversation will be needed.
4. We embrace the possibilities of zero gravity - opening up the complexity, moving away from right/wrong - bringing into the conversation your felt sensing super powers.

Focusing Skills ↔ Hot Potato Discussions

Focusing attitude/skill

Ability to work with felt sense

Companion listening skills

Grounded presence and feeling safe – all of mind available

No right or wrong, just curiosity

Hot Potato attitude/deficit

Rigid thinking, ignoring complexities

Closed ears and minds

Feeling threatened and overwhelmed by strong emotion

Sense of absolute rightness



Where to from here?

We welcome your comments and suggestions:

sburrell@controlsystems.com.au & jmdunbabin@gmail.com

Join our Changes Group the first Saturday of every month.
Currently online. Please check the TIFI website events page for
current information.

