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

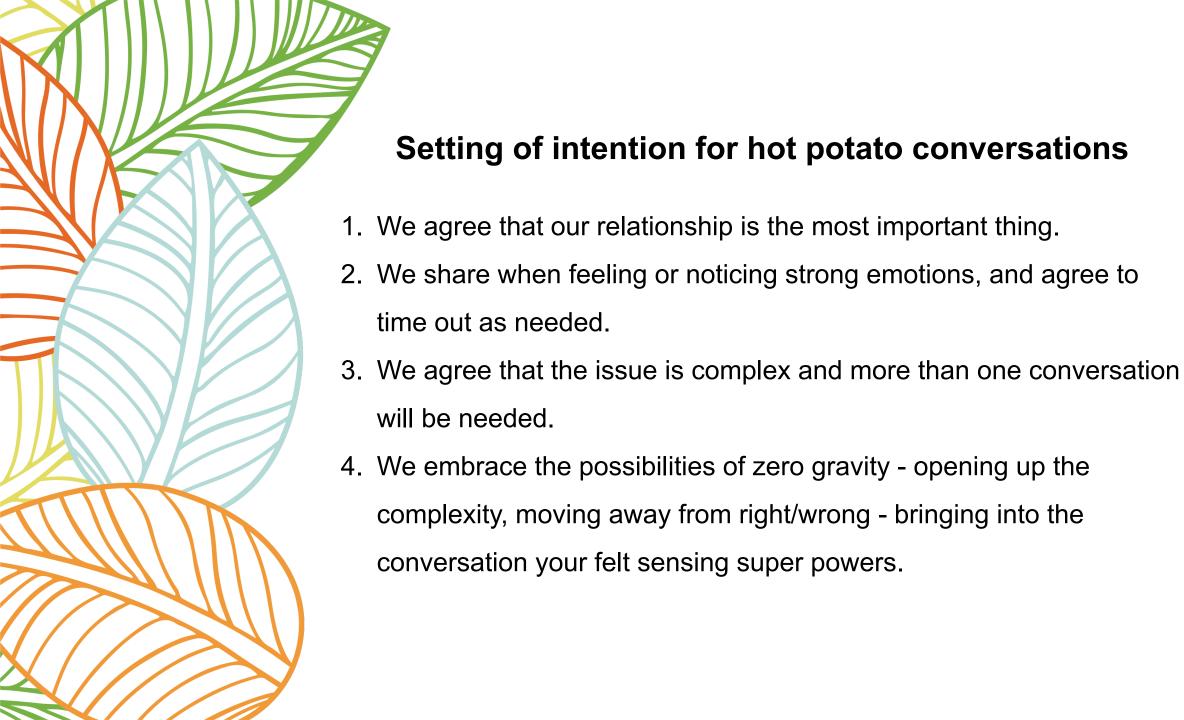
Please write your own reasons in the chat box.

An invitation to zero gravity hot potatoes



Interaction first, relationship first





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:

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Join our Changes Group the first Saturday of every month.

Currently online. Please check the TIFI website events page for current information.