

Conversation That Matters:

Addressing Forbidden Topics and One's True Sense of Self

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Heady – “Why? What?”

Pro

- understanding
- attentive
- focus
- detached (also a con)
- ask hard questions

Con

- heartless
- too many questions
- resistance
- paralysis/no traction
- over confident



Hearty – “How?”

Pro

- being excited
- being open
- authenticity
- empathetic
- listening
- being an ally to others
- passion
- awareness
- synthesizer
- being a translator
- info gatherer
- respectful
- you are loyal

Con

- throwing things
- “calm down” backfire
- not being taken seriously
- too involved
- too close
- getting the feeling to action
- thinking about it too long
- your decisions hurting others
- having no boundaries
- reacting without info



Action – “Do!” / Verbs

Good

- get shit done
- problem solving
- results oriented
- accountability
- responsible
- leadership
- adaptable
- action with minimal data points
- initiative
- independent
- eagerness to implement
- intuitive
- charismatic

Bad

- waste energy
- to quick to take action
- not collaborative/more dictator
- too honest
- bossy
- controlling
- manipulative
- not good listeners
- prevents buy in
- narcissistic



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