HEART-TO-HEART

Self-Evaluation

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The Requirements of Having a Heart-to-Heart with Someone

1. Am I willing to be wrong in order to discover what is really going on?   Y / N

2. Am I willing to admit I am wrong to the other individual?   Y / N

3. Am I willing to learn something about myself I may not like?   Y / N

4. Am I willing to apologize and adjust my behavior?   Y / N

5. Do I recognize the other's value and respect our difference of opinion?   Y / N

6. Am I willing to give them time to change and restore the relationship that they have

   disrupted?   Y / N

7. Am I strong enough to be authentic, humble, realistic, transparent, and vulnerable?   Y / N

8. Am I able to manage my emotional responses so I can be fair, forgiving, and firm?   Y / N

   - I must be aware of:

      i. My pessimism or belief that they can't change.

      ii. My anxiety regarding whether I can guide this conversation well.

      iii. My anger regarding what they did.

      iv. My disappointment regarding how I tried to help them, and this conversation is still

         necessary.

      v. My distrust, because they knew better.

      vi. My fear concerning whether or not they will mess up again.

      vii. My inability to control the outcome of the conversation.

9. Am I confidently able to express myself, disagree with their perceptions, state clearly what is expected, and follow through no matter what? <u>Y / N</u>

10. Do I have the ability to manage their anger at my choices as well as accept the fact that they may not like me? <u>Y / N</u>

   ◦ Am I willing to suffer the inconvenience of being their leader?

11. Am I willing to be stretched beyond my comfort zone? <u>Y / N</u>

12. Have I checked on my emotional fuel gauge to see what emotional resources I have available to begin this conversation and create a reasonable plan? <u>Y / N</u>

13. Do I have an accountability partner or a mentor to assess my plan with me? <u>Y / N</u>

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