



Interactive conversation planner: Addressing therapy reluctance in your relationship

Part 1: Set your conversation goals

Before you start planning your dialogue, clarify what you hope to achieve.

1. Define your objective:

- What is your main goal for this conversation? (For example, to share your feelings, encourage openness, or explore alternative support options.)

2. Identify desired outcomes:

- What positive changes do you hope will take place?
- Write down one or two outcomes that would make you feel heard and understood.

Part 2: Analyze past conversations and obstacles

Reflect on your previous discussions about therapy with your partner.

1. Review past attempts:

- What language or approach seemed to work?
- Which parts of past conversations led to misunderstandings or tension?

2. Identify challenges:

- Note any recurring phrases or responses that have hindered open dialogue.
- Consider how these obstacles might inform your new approach.

Part 3: Build your script

Use this section to craft your conversation script. The goal is to prepare clear, compassionate, and assertive statements.

1. Open your conversation:

- Write your own opening statement that feels authentic.
- Example prompt: "I want to talk about something important that affects both of us."

2. Express your feelings and needs:

- List one or two key feelings you want to express and why they matter to you.
- Example prompt: "I feel concerned because I believe we could both benefit from discussing our feelings and considering professional support."

3. Acknowledge your partner's perspective:

- Example prompt: "I understand that you might have reservations about therapy, and I want to hear your thoughts as well."
- Create a statement that invites dialogue and shows you are open to their view.

4. Request collaboration:

- Write down a collaborative question or request that encourages joint problem-solving.
- Example prompt: "Can we explore some options together that might make you feel more comfortable with the idea of getting help?"

Part 4: Anticipate responses and plan next steps

Prepare for potential reactions from your partner and plan how you will respond constructively.

1. Anticipate responses:

- List two or three possible reactions (e.g., defensive, dismissive, or open to discussion).

2. Plan your replies:

- For each anticipated response, jot down a calm, respectful reply.
- Example: If your partner says, "I don't need therapy," you might respond, "I hear you. I am simply sharing my feelings because I care about us and our well-being."

3. Outline next steps:

- Decide what you will do if the conversation does not go as planned.
- Include self-care strategies and, if needed, steps for seeking external support.

Part 5: Role-playing and practice

Practice makes perfect. Use these prompts to rehearse your conversation

1. Rehearse the dialogue:

- Role-play the conversation with a trusted friend or practice in front of a mirror.
- Note any adjustments that make you feel more confident.

2. Refine your script:

- After practicing, write down any changes you would like to make.
- Reflect on what language felt natural and what may need further clarification.

Part 6: Action plan and track progress

Set a plan for following up and monitoring the outcome of your conversation.

1. Establish a timeline:

- Decide on a specific time to initiate the conversation and a follow-up date to review how it went.

2. Define measurable goals:

- How will you know if the conversation was successful?
- For example, feeling heard, agreeing on a next step, or scheduling a future discussion.

3. Plan for self-care:

- Write down one or two self-care activities you will engage in after the conversation, regardless of the outcome.

Closing details

This interactive conversation planner is designed to empower you to navigate discussions about therapy reluctance with clarity and compassion. By setting clear goals, building a tailored script, and preparing for various responses, you are better positioned to foster open dialogue and create positive change in your relationship.

If you are interested in individual therapy, we offer compassionate, personalized care with availability for in-person sessions at our Charlotte, NC office and virtual appointments for residents of NC and SC. Every step you take toward open and honest communication is a step toward a healthier future, and our experienced team is here to support you along the way.