

# Transformative Conversations: Habits

| Three Steps of Accompaniment | Ideals      | Behavior   |
|------------------------------|-------------|--|
| Understanding                | Validating  | <b>Silence</b> + warm attention.                                   |
|                              |             | Engage <b>curiosity</b> .  |
|                              |             | Don't give advice.   |
|                              | Empathic    | Identify their <b>emotions</b> .                                   |
|                              |             | Help them see that <b>Frustration = failed strategy</b>            |
|                              |             | Strive for <b>compassion</b> .                                     |
|                              | Insightful  | <b>Snapshot</b> technique.   |
|                              |             | Challenge = <b>highest growth potential</b>                        |
|                              |             | Communicate the <b>challenge</b> to them.                          |
| Encouraging                  | Optimistic  | The <b>strategy failed, not them</b> .                             |
|                              |             | This difficulty will help them become <b>who they want to be</b> . |
|                              | Uplifting   | Help them see the <b>trajectory of growth</b> .                    |
|                              |             | <b>Challenge</b> is <b>good</b> .                                  |
|                              | Inspiring   | Connect their challenges to <b>skills, ideals, and bonds</b> .     |
|                              |             | Identify desired <b>quality</b> of a role model.                   |
| Practical                    | Realistic   | Help them visualize the <b>"kalon*"</b> (*The beautiful)           |
|                              |             | <b>When</b> will they next face this challenge?                    |
|                              | Creative    | Help them craft a <b>sequence of steps</b> to engage it.           |
|                              |             | Let <b>them</b> take the lead.                                     |
|                              | Challenging | Help <b>tune</b> the strategy to the right level for them.         |
|                              |             | Ensure the challenge is <b>specific, positive, and frequent</b> .  |