

A PRINTABLE WORKSHEET

The One Sentence

Find what your hard conversation is centered on

A conversation without a clear aim drifts toward whatever feeling is dominating the moment. Use this page to find the one sentence that defines the purpose or outcome of the conversation, so you can find your way back to it when emotion pulls you off course.

WHAT YOU'LL NEED

- Your Nebraska Borealis
- A cup of Moringa Mint tea
- A pen
- About twenty minutes

BEFORE YOU START, HOLD THE STONE AND SAY

"Help me find what I need to say, and help me say it calmly."

1 Pour Out the Words

Write it all out until the first cup is gone: the grievances, the history, what got swept under the rug. Don't edit anything yet.

2 Name the Purpose

What kind of conversation is this?

- ☐ A solution
 - ☐ A negotiation
 - ☐ An agreement
 - ☐ A statement of what I want and need

3 Whittle it to One Sentence

Hold the stone near your throat for a moment. Cross out anything that isn't the aim, then draft your sentence.

MY ONE SENTENCE

Can I say it simply in one sentence? · Does it state what I want the conversation's outcome to be? If not, take more time to refine it.

4 Name Your Derailers

The two or three ways I usually go off course:

My return line:

BRING IT BACK

"What I came here to talk about is

5 Bring Your Support Stone

Carry your Nebraska Borealis in your pocket. When emotions rise, pause, touch the stone, and repeat your one sentence or your return line. If it goes off the rails, it's okay to say, *"I want to finish this, and I'd like to come back to it tomorrow."*

Peppermint can aggravate reflux, a hiatal hernia, or GI ulcers, so use caution with Moringa Mint if any of these apply.

The Energy Within · Classes & events: theenergywithinkc.com · Shop Moringa Mint: energywithincrystals.com · 7807 W 151st St, Overland Park, KS