

# Communication Coaching Activity

*The purpose of this activity is to open up empathy, understanding, and possibility in situations where generating shared understanding is difficult. It can be used as a self-coaching activity or as the framework for a line of coaching questions when working with a client.*

Think of a challenging relationship or a recent communication that didn't go so well.

**Step 1:** What do you believe about the other person and their intentions?

**Step 2:** Ask a series of questions:

1. Is this true?
2. What evidence are you basing that thought on?
3. How does that thought impact what you bring to the relationship or conversation?
4. Empathy Generation question: What other interpretations can you think of that are consistent with the observable facts?

*Teaching note: When clients are new to this practice, coaches often have to give examples to get things started.*

5. How might you find out what's actually going on with the other person?

## Variations:

When preparing for future conversations, ask this series of questions about predicted responses.

Deepen conscious awareness by asking this series of questions about conversations that appear to have gone well or relationships that feel easy.

*Note: This process is inspired by Byron Katie's *The Work*. More information about that work can be found at <https://thework.com/>.*