



I'm Worried About Someone I Love — Conversation Preparation Guide

Prepare for a respectful, caring conversation with a parent, spouse, relative, or friend.

The goal of this conversation is connection, not confrontation. Preparing a little helps you lead with care and curiosity — and protects both the relationship and the person's dignity and autonomy.

What am I actually noticing?

Stick to specific, factual observations.

What am I concerned about?

What do I know vs. what am I assuming?

I know (observed facts):

I'm assuming (my interpretation):

A good time and place for the conversation

Choose a calm, unhurried moment — not a holiday, not a crisis.

How can I open respectfully?

An opening that centers the person tends to land better than one that centers the problem.

A gentle way I might start:

Questions I could ask (instead of conclusions I could state)

☐ What matters most to you about the years ahead?

☐ How are you feeling about how things are going day to day?

☐ Is there anything that's felt harder lately?

☐ How can I be helpful without taking over?

What outcome am I hoping for?

What if they don't want help?

Unless there's an immediate safety emergency, this is usually a series of conversations, not one. Respecting a 'no for now' keeps the door open for later.

How I'll respond if they're not ready:

Keep the relationship first

Being right is rarely as valuable as staying connected. If things get tense, it's okay to pause and return to the conversation another day.

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