



GET THEM TO STOP TALKING

We share six tips to help you get someone to stop talking or, if you're the talker, help you to stop talking.

INTRODUCTION (00:25)

Not talking and listening is a valuable part to resolving conflict.

1. *What kind of family environment did you grow up in: a loud/dramatic family or a quiet/stoic family?*

TALKER: STOP TALKING (02:54)

While you may have accurate or important points to share, it may be more important to not explain your side.

2. *When do you most often feel like you need to explain yourself or defend your position?*

TALKER: LISTEN TO THE OTHER PERSON (06:01)

Even if you do not agree with what the other person is saying, it is important to listen and affirm the other person.

3. *How might you show patience and affirm that you're listening when another person is talking?*

TALKER: DETERMINE YOUR GOAL FOR THE DISCUSSION (07:18)

If your goal is to be right, "win", or prove your point then you will always lose the relationship.

4. *How can you show deference to the other person even though you might want to "win" the conversation?*

NON-TALKER: GIVE THE TALKER GRACE (08:36)

Grace for a talker comes through forgiving them and give them space to make mistakes in learning to not talk.

5. *What is often the most offensive, hurtful, or frustrating thing the talker in your life does in a conversation?*

NON-TALKER: DO NOT DISENGAGE FROM THE CONVERSATION (09:29)

Don't withdraw, agree to disagree, or avoid the conversation — this gives the talker more control.

6. *How might you be able to stay in the conversation despite feeling bullied or defeated?*

NON-TALKER: HONOR THE TIME YOU'VE SET TO TALK (10:19)

Intentionally take time to think through what the talker wants to discuss and why it might be important to them.

7. *What can you do to ensure you will purposefully think through the conversation and have something to say?*

Activation on next page...

ACTIVATION (11:00)

- 1) Identify why you have a desire to be right, to be validated, or to be heard.
- 2) Share what you've identified with someone.
- 3) Release that need to be right, validated, or heard for the sake of the relationship.