

Seven Ways To Start a Conversation

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What I want is a good relationship and you are more important to me than this problem/difference of opinion/snag.

I want us to be repaired. What do you need to hear from me (see from me) or what do I need to do for us to be repaired? I want to clear up any offenses on my part.

I want to be a healthy mother, but I see signs of my living a life through you. I'm asking God to help me detach.

I want us to have a good relationship. We do have a problem, but I believe we can make a repair. What do you think we need to do to make things better?

Are you okay if I share some feedback/ideas? May I share a concern?

How do you see me helping you but not controlling?

I don't know what to say, but I care about you. What do you think we need to do to make things better? What role do you see me playing?

Adapted from *Mended: Restoring the Hearts of Mothers and Daughters*, by Blythe Daniel and Dr. Helen McIntosh, 2019, Eugene, OR: Harvest House Publishers. Copyright 2019 by Blythe Daniel and Dr. Helen McIntosh.

