GET UNSTUCK

**Instructions:** To identify where you are stuck, let’s look at some areas in your life where you may be experiencing a poor result or a strained relationship.

Use the following questions to help you explore the possibilities.

- What bad results do you want to fix?
- What good results are you currently unable to achieve?
- What problem are you always trying to fix?
- What do people complain about at home and/or at work?

Write down your lists for your professional life and/or your personal life.

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<tr>
<th>Professional</th>
<th>Personal</th>
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**Instructions:** Unbundle with CPR. Pick a personal or professional issue from your list. Identify if the conversation should be addressed as content, pattern, or relationship.

- [ ] Content
- [ ] Pattern
- [ ] Relationship
**MASTERING MY STORIES**

**STATE MY PATH**
Share your Facts
Tell your Story
Ask for Others’ Paths
Talk Tentatively
Encourage Testing/Discussion

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<th>Skill</th>
<th>Context</th>
<th>Key Phrases</th>
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| Share Your Facts   | Start with what you see and hear. You may need to include how you see and hear differs from your expectations. This provides clarity. | “I noticed that…”  
“The last three times we talked about this…”  
“We were hoping to see improvements in this area. Here’s where we are…” |
| Tell Your Story    | You are not sharing your story in order to justify your feelings and actions; you are using it to help the other person understand why the facts you’ve shared are of concern to you. | “It leads me to conclude that…”  
“I believe that…”  
“I start to think that…” |
| Ask for Others’ Paths | Be Humble. Let others share new ideas and challenge your story. Once you’ve shared your perspective give the other person an opportunity to share theirs. | “I am interested in your perspective. Would you mind sharing?”  
“Can you help me better understand?”  
“What’s your view on this situation?” |

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<th>Situation</th>
<th>Share the facts</th>
<th>Tell your story</th>
<th>Ask for others’ path</th>
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