

# THE STAGE CONVERSATION



# THE STAGE CONVERSATION

Have you ever had a situation where you have to have a conversation with someone but dreaded it?

The Stage Conversation – Is an exercise for you to carefully decide and rehearse how to have a difficult conversation with someone you may be close to, or someone who has an emotional hold on you, but you must face them – there's no running away from it. It's also highly effective for when you need to let go of a relationship that's already ended but you still have something you want to get off your chest.

It may be time for you to stop letting someone else drive the bus and confidently yet kindly confront the situation.

The Stage Conversation is an exercise that makes having a tough conversation uncomplicated, and prepares you to respond instead of reacting when old habits of dealing with differences lead to fights and hurt feelings rather than solutions. Blaming and rehashing bitter moments do nothing but heighten negative emotions and lead to making things worse. But when you are in control of your emotions and can't be triggered.....

## EMOTIONAL COMPOSURE IS THE ULTIMATE POWER!

The Stage Conversation is an exercise you use when you need to have a difficult conversation and want to practice it first. It's a visualization exercise specific for working out relationship issues of all kinds.

You create a specific scenario and work through a 9 step process. When you're finished you've worked out your feelings, planned your strategy and feel confident applying it.

A photograph of a stage set. In the center, a small table with two chairs is illuminated by a spotlight. The background consists of a textured, grey wall with a door visible in the distance. The stage floor is dark, and the overall atmosphere is dimly lit, focusing attention on the central scene.

## LET'S SET THE STAGE

- 1** Visualize you're in a small theater, it's very dark and you are seated half way back from the stage.
- 2** You see 2 chairs placed beneath a spotlight facing each other in the middle of the stage.
- 3** You see the person you're going to have the conversation with come out of a door from the back of the stage and sit down on the chair to the right.
- 4** Notice what they wearing and how they look (nervous, curious, happy, sad....)
- 5** Make your way up the stairs in the middle of the stage and take the seat on the left. Take a moment and look at that person carefully, get a good measure of them before speaking.
- 6** Look directly into the eyes of the person sitting across from you and with as much emotion as you can generate - say what you want to say. Let it all out, don't hold back. Notice their emotional reactions as you speak.
- 7** Pause, be observant and listen for their verbal response. If they respond, carry on a dialog as if it were real. If you feel any negative emotions do a round of tapping to clear it before moving on.
- 8** If there's no response ask for one. If no response occurs take it as an indicator of what might happen and prepare yourself for that possible outcome by doing a few rounds of tapping.
- 9** Finish by getting up out of your seat and walk down the stairs and out the main doors of the theater, either with that person or not depending on how the talk went.

## NOTE

This exercise is not meant to have a positive or negative outcome. It is designed to have the outcome that's best for you. You'll determine that by how you feel during the conversation.

When you hear that other person's voice in your head suspend your judgment, believe and go with it.

After doing the exercise a few times it goes very fast.

## REVIEW

To address a situation with someone or work out a relationship issue, go through the 9 step process.

Close your eyes and create the stage scene.

See the person you're going to have the conversation with on stage, then, join them.

Have the conversation.

Tap out any uncomfortable moments then replay that segment until you feel confident.

Finish by walking off center stage down the main isle and out the main doors of the theater with or without the person.

## GET STARTED

Write down the names of the people who you feel you need to have a conversation with.

Arrange them in order of importance.

Choose one close to the top that you can also follow up in real life with.

Go through the exercise.

Follow up by making a date to have the real conversation ASAP.

# YOU WILL FEEL...

əm' pou(ə)r/

verb

**EMPOWERED** – to make stronger and more confident, especially in controlling your life and claiming your rights

self-as •sured

adjective

**SELF-ASSURED** – confident in one's own abilities or character

peace - pēs

noun

**AT PEACE** – free from anxiety or distress

**DON'T WAIT – START TAKING BACK  
CONTROL OF YOUR LIFE NOW!**

Robert Rudelic B.S., N.M.T., M.E.S.



**INVINCIBLE**  
DIVORCEE