

Healthy vs. Unhealthy Motives

Use this worksheet to reflect upon the motives for your conversations. After understanding your motives, we will move into maintaining healthy motives.

Potential Motives

Check all potential motives you have had when entering into a conversation:

- To prove a point
- Prove yourself right
- Prove the other person wrong
- Come to a common understanding
- Wanting to build a relationship
- Understand different perspectives
- Learn something new

Personal Conversation

Reflect on a personal conversation you have recently had. What were your motives? Why were those your motives? What kind of relationship do you have with the other person?

Professional Conversation

Reflect on a professional conversation you have recently had. What motives were present? What power differential exists? How do you see these pieces impacting communication?

Note: The first three potential motives are UNHEALTHY; the last four are HEALTHY