## **Mobius Conversation Checklist**

### When You Are The Speaker

- ☐ I'm aware of my blame and judgements.
- ☐ I am aware of how I feel.
- ☐ I take responsibility for the relationship.
- ☐ I strive to be clear, gain clarity.
- ☐ I start with what's present.

#### **When You Are The Listener**

- ☐ I'm aware of my blame and judgements.
- ☐ I am aware of how I feel.
- ☐ I take responsibility for the relationship.
- ☐ I repeat back to the speaker in their words.
- ☐ I allow the speaker to rephrase, add, get clearer in the conversation.
- ☐ I check to see if they feel understood.
- ☐ I close with asking if there is anything else they would like me to understand.

## **Mobius Model**

### RECOGNITION WELL-BEING · Present · Present · Missing · Missing RESPONSIBILITY **POSSIBILITY** · Accountability · Conditions of · Who Satisfaction · What • When COMMITMENT ABILITY · Action Plan · Time • Strategic · Energy ·Creative · Resources

# **Backwards Conversation**

