

# Conversation Prep Worksheet

*For Step 2 of the Recovery Roadmap: Telling Someone*

Feeling nervous? This worksheet is a gentle companion to help you outline your thoughts, set emotional boundaries, and rehearse your message with clarity and compassion.

## **Part 1: Why I'm Speaking Up**

Write down your intention for sharing your struggle:

- I want to speak up because: \_\_\_\_\_  
\_\_\_\_\_
- What do I hope will happen after I tell them?  
\_\_\_\_\_  
\_\_\_\_\_
- What emotions do I feel about this conversation (circle or write): ☐ Nervous ☐  
Ashamed ☐ Relieved ☐ Scared ☐ Hopeful ☐ Other: \_\_\_\_\_

## **Part 2: Clarifying the Message**

Draft your key message in your own words:

- How I might begin: "I want to talk about something I've been struggling with..."  
\_\_\_\_\_
- What I want to share about my gambling behavior:  
\_\_\_\_\_  
\_\_\_\_\_
- What I want to avoid saying (to stay respectful or honest):  
\_\_\_\_\_

## **Part 3: Emotional Boundaries & Safety**

Before you speak, define your emotional needs:

- I feel safest when the person I talk to is (e.g. calm, nonjudgmental, solution-focused): \_\_\_\_\_
- If they get upset or react strongly, I will remind myself:  
\_\_\_\_\_

- I will not tolerate (e.g. shaming, yelling, blaming):  
\_\_\_\_\_
- I can end the conversation or take a break by saying: “I’d like to pause here for now. This is hard for me.”

#### **Part 4: Support After Sharing**

Plan how to support yourself after the conversation:

- Who can I talk to for emotional backup?  
\_\_\_\_\_
- What will I do to ground myself afterward (circle one or add your own): ☐ Journal ☐ Take a walk ☐ Call a friend ☐ Use a therapy app ☐ Meditate
- I will remind myself: “Speaking truth is part of healing—even if it’s hard.”

#### **Tip: Practice Aloud or Write a Letter**

If verbal sharing feels overwhelming, try reading your message out loud to yourself first—or write it in letter form to the person you want to reach. You don’t need perfect words. You just need your truth.