



DR. YVETTE ERASMUS



# How to Have Difficult Conversations



## VACCINE EDITION

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### Self-Connection and Self-Reflection

What led you to sign up for this workshop? What are you finding challenging about these conversations these days?

When it comes to the “vaccine conversation” -

I feel fear when ....

I feel angry when ...

I feel helpless when ...

I tend to get self-righteous when ...

List some of the “enemy images” – labels, diagnoses, insults, accusations – that each side is using for the other side.

# Exploring the Principles

What are the five barriers that get in the way of fruitful conversions?

- 1.
- 2.
- 3.
- 4.
- 5.

What part of ourselves gets most in the way?

What is the Status Quo Bias:

What strategy is most effective for addressing the Comfort Barrier?

Take some time to surface your personal story around vaccines:

- What makes you emotional about the subject of vaccines?
- Are you mostly afraid? Hurt? Angry? Worried? Protective? Frustrated?
- What is the source of your emotions?
- What has happened to you, your loved ones, your life, to make you feel this way?
- What significant things are at stake?
- What are the consequences of getting this wrong?

## Exploring the Principles (continued)

What are some strategies for working with the Ego Protection?

What are some strategies for working with Team Loyalty?

What is confirmation bias?

What are the two relationally effective ways to respond to misinformation?

When divergent worldviews are a barrier, what are some ways of staying in relationship with others?

List some of the tools you'd like to practice that we covered in this workshop.

## Continue Learning with Me

**Weekly Newsletter** - My weekly newsletter brings inspiration for compassionate living and practical tools for self-development to your email inbox every Tuesday morning. [Sign up here.](#)

**Conversations from the Heart** - My free weekly Q&A call is offered every Wednesday at 10am CT via Zoom and is a great way to connect with community and get some conceptual clarity and general road-mapping for self-development. [Sign up here.](#)

**Human 101: Building Better Relationships** - This self-paced online course provides you with a multidisciplinary personal-development framework designed to improve all of your relationships. Grounded in nonviolent communication, emotional intelligence, and relational psychology, *Human 101* offers you a new roadmap and practical tools for navigating human dynamics with clarity, compassion, and confidence. [Learn more here.](#)

**Membership** - My membership program offers weekly group coaching with a dedicated community, perfect for those looking to deepen their understanding and practice of nonviolent communication and compassionate living. [Learn more here.](#)

**Private Consultations** - You can meet with me one-on-one to unpack a specific situation, generate new scripts, and refresh your strategies. Available in 30-minute increments. [Schedule your session here.](#)

Visit [programs.yvetteerasmus.com/offerings](https://programs.yvetteerasmus.com/offerings) to view all of my available programs.

## Additional Resources

*Everything is Workable* by Diane Hamilton

*Speaking Peace* by Marshall Rosenberg

*Talking Across the Divide* by Justin Lee

Center for Nonviolent Communication: [cnvc.org](https://cnvc.org)

The following are offered for your exploration and enjoyment. I do not necessarily endorse nor agree with all of the points of view expressed in some of the opinion pieces, but I offer them as a thoughtful starting place for exploring and examining your own worldview:

- Miki Kashtan's blog: [thefearlessheart.org](https://thefearlessheart.org)
- Charles Eisenstein's latest essay series: [charleseisenstein.org/essays](https://charleseisenstein.org/essays)
- Lissa Rankin's latest essay series: [lissarankin.com/blog](https://lissarankin.com/blog)

Notes: