



REAL CONVERSATIONS

essentially
you

Mistakes to avoid: the 5 characters of disconnection

Common behaviours that fracture trust in important relationships and leave someone feeling misunderstood

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MITCH
wallis

Connection Mistakes



MAGICIAN

You think you can make someone's pain and problems vanish into thin air. However, they are left feeling misunderstood, or like they are 'broken' in need of repair.

"YOU SHOULD"



THIEF

You jump in straight away with a story of your own so that they don't feel lonely. However, the focus shifts and robs them of an opportunity to be heard.

"SAME/ME TOO"



BLIND OPTIMIST

You bombard with silver linings to get them to see the bright side. However, they aren't able to share the present grief and process their current reality.

"AT LEAST"



HELICOPTER

You freak out when you see someone in distress and show an abundance of concern. However, the conversation loses stability and the roles are blurred.

"OH NO!"



OSTRICH

You bury your head in the sand and avoid hard conversations to not feel awkward. However, this builds distance and reduces trust in the relationship.

"...?"

Reflection



Which character do you see yourself in the most?

- Magician
- Thief
- Blind Optimist
- Helicopter
- Ostrich

Reflect on a time where you have demonstrated these behaviours when supporting someone. Reflect on what you said/did and why it may not have been helpful.

Magician

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Thief

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Reflection



Blind Optimist

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Helicopter

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