



Chapter 8 Your Tender Loving Communication p. 178 “TLC” Dialogue Worksheet

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Your Tender Loving Communication (TLC) Dialogue

Now craft your own practice dialogue openers. If you are feeling that way, write down a “Bite Your Tongue” version to get it off your chest (e.g. this is not the one to say aloud!). Then craft a TLC version that you could use to begin a dialogue.

You’d like to have a **conversation with (who?)** _____ **about**
(topic/issue) _____

Bite Your Tongue Version: _____

TLC Version: _____
