

# AUTOMATIC

VERSUS

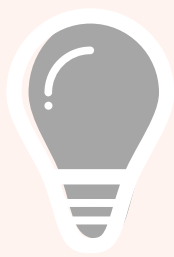
# GENERATIVE

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## CONVERSATIONS

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PRACTICE: WRITE DOWN YOUR AUTOMATIC CONVERSATIONS WHEN THEY HAPPEN.  
PRACTICE RESPONDING WITH A GENERATIVE CONVERSATION INSTEAD OF  
REACTING WITH AN AUTOMATIC ONE.



**Default**  
Conversations that stem from traumas & upbringing.

These conversations are subconscious and automatic.

They happen whenever we are in reaction, triggered, or simply living our day to day life.

Automatic conversations are: judgements, opinions, complaints, "should", "supposed" to's, interpretations, right/wrongs, resignations.



**Generative**  
Conversations generate action and come from intention.

Generative conversations are a mindset.

They are shared exploration towards greater understanding, connection, or possibility

Generative conversations are: a stand, declaration, commitment, request, offer, promise, apology, acknowledgement, taking responsibility, ownership, empowering.