During conversations

It is important to consider non-verbal cues i.e. body language, facial expression.

If you become uncomfortable during the conversation

- You are allowed to pause and leave a conversation when it no longer makes you feel safe, comfortable or heard at any point in time.
  If the conversation becomes heated and include shouting, criticising or other inflammatory language, you may see that as a cue to stop the conversation. Avoid such behaviours yourself as shouting and swearing does not lead to solutions, only barriers.

- Mention another activity to distract/reason why the conversation needs to end such as:
  - To make dinner
  - Needing to sleep for an early start the next day
  - Expecting a phone call
  - To do a task for a third party such as a sibling or friend

- *Excuse yourself*
  Leave the space and collect yourself, having some fresh air is really important. Remember a solution isn't the objective here, it's about having an honest and open conversation. Examine how you feel and if you can continue the conversation. If not, it's perfectly fine to cease it. Pay attention to feedback of your own emotions during conversations.

- (If appropriate) Thank them for their time, recap on your points.

- End the conversation and set another time (if you wish to)
  You have the right and power to end and pick up the conversation for another time. State that both parties need to cool down to continue the conversation, which is the mature and smart way to have a conversation.

Here are some examples on how you can end a conversation

-"*Thank you for listening, I appreciate it. This means a lot to me. I think I need a break, I'm feeling ____(overwhelmed, tired, agitated). Let's talk about this when we/I have cooled down.*"

"*I feel this conversation is no longer productive and feel ____ (say how you feel), can we please talk about this ____? (set time,day ex. in an hour, tomorrow).*"

Resources: https://au.reachout.com/articles/6-steps-to-help-you-tackle-difficult-conversations