

Ep 323: Priya Parker

Key Takeaways

Welcome Healthy Heat

Bring warmth, humor, and playfulness into conflict to make difficult conversations feel more human.

Practice Through Banter

Playful banter can build the skills you need to navigate more serious conflict.

Normalize Conflict

Conflict is inevitable. Treat it as a conversation to navigate, not a fight to win.

Activity 1**Add Some Heat**

Think of a low-stakes disagreement you might normally avoid. Practice addressing it with a little warmth—a light joke, playful comment, or moment of levity. Does adding warmth make it easier to stay connected while disagreeing?

Activity 2**Banter Bootcamp**

With a friend or someone you trust, spend five minutes playfully disagreeing about something completely inconsequential—your favorite food, the best movie, or where to eat. Keep it light, listen closely, and practice disagreeing without becoming defensive. What communication habits could you carry into a higher-stakes disagreement?

Activity 3**Reframe the Fight**

The next time you anticipate a difficult conversation, replace the thought “We’re going to have a conflict” with “We’re going to have a conversation about something we see differently.” Before the conversation, write down what you hope to understand, not just what you hope to convince them of. How does the reframe change the way you enter the conversation?

Today's Tip

Before raising an issue, ask yourself: What am I hoping this conversation will accomplish?