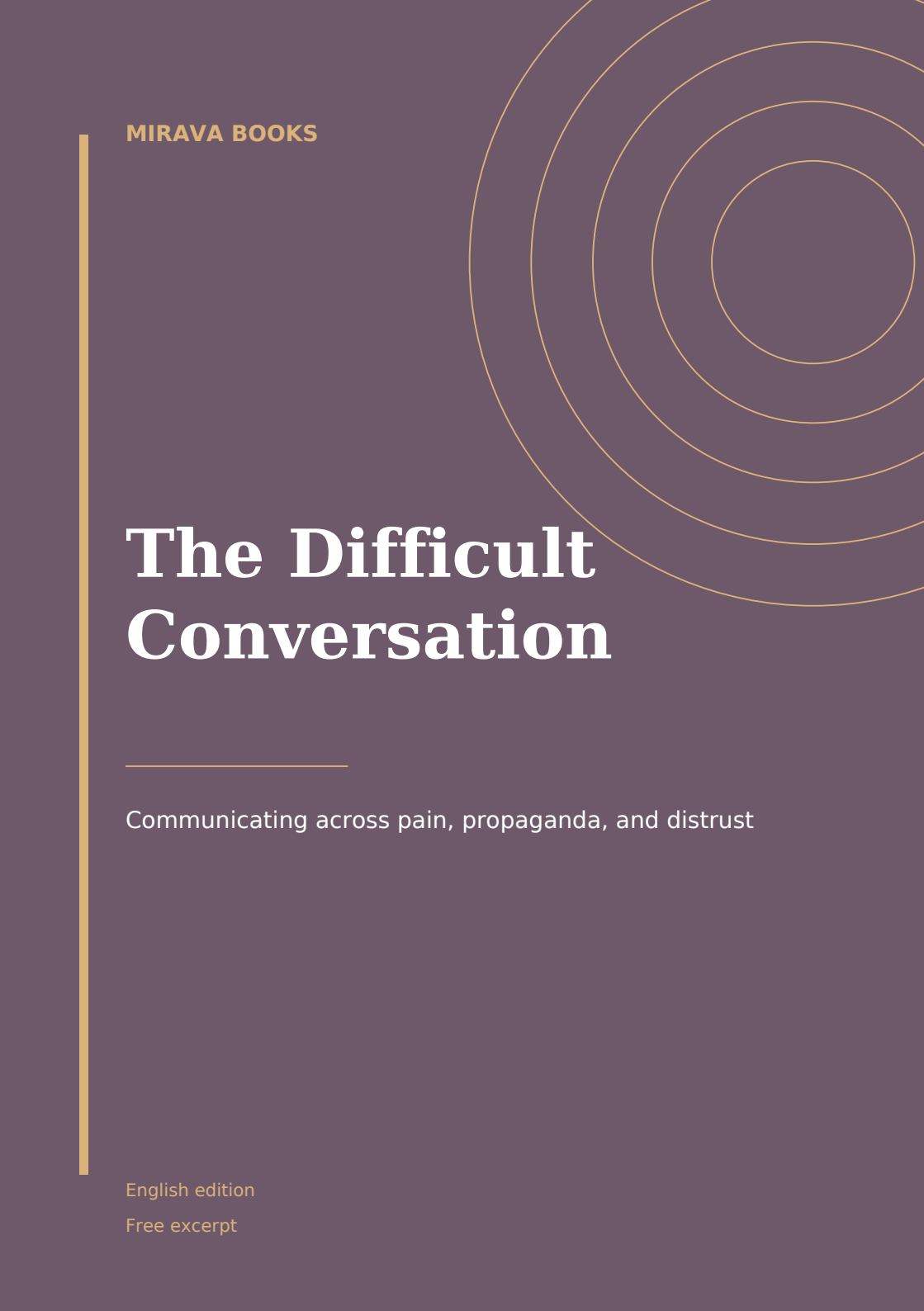




MIRAVA BOOKS

The Difficult Conversation

Communicating across pain, propaganda, and distrust

English edition

Free excerpt

The Difficult Conversation

Communicating across pain, propaganda, and distrust

English edition · Revised edition · October 2026

This book is for readers deciding whether to resume difficult contact and how to state its conditions. The examples are fictional. Use the chapters in order or begin with the one you need now. Refusal, a pause and ending contact are valid choices; conversation does not require enduring threats, denial of your experience or humiliation. This book offers everyday skills, rather than a duty to reconcile or a promise to change another person's beliefs. The text was prepared with artificial intelligence assistance and edited for this edition.

MIRAVA · Text and translation prepared with AI assistance.

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01

Checking Readiness

Before replying, name a goal you can accomplish without changing the other person's views. "Find out whether respectful contact is possible" is checkable. "Make them understand everything in one call" depends on them. A clearer goal makes it easier to choose the topic, length and condition for ending the conversation.

An old acquaintance from another country writes after a long silence. The recipient does not reply immediately. They ask whether they want contact today, have time and can safely reveal their circumstances. They choose a short exchange about family, excluding arguments about unverified news. They can also decline or leave the message unanswered.

Assess both your mood and the acquaintance's behaviour: have they accepted refusal, forwarded private messages or used pressure? If the answers concern you, you need not test their intentions through another conversation. Distance is an option. If threats exist, address safety first rather than preparing the perfect wording.

If contact suits you, propose a frame: "I can speak for twenty minutes about how we keep in touch. I am not discussing news arguments today." Prepare an ending: "This topic goes beyond what I agreed to; I am ending the conversation now." You need no permission to decline. The other person may also reject the proposed format.

Exercise. Write the goal, one acceptable topic, one excluded topic and an exit phrase. Check whether following the plan depends on agreement with your views. If so, narrow the goal. Then choose: talk now, use another format, postpone or decline. No option needs justification through details of personal pain.

This is a free excerpt. The complete PDF contains every chapter listed in the contents. Sales have not opened yet.

Further reading

[1] UNESCO — Global citizenship and peace education (further reading) · www.unesco.org

[2] UNESCO — Media and Information Literacy (further reading) · www.unesco.org