

Having an Effective Conversation (O.P.T.I.O.N.)

Prepare **OPTIONS** that limit access or add time/distance:

- Review ***Gun Storage for your Lifestyle*** for 2-3 choices that make sense
- Research the details. For example: Cost, Phone #s, and how it fits in your home

Bring the right **PEOPLE** to the table. Groups are overwhelming, you just need:

- Someone your loved one can discuss personal firearm storage details with
- Someone who can disagree respectfully with your loved one
- Someone who knows enough about firearms for a productive discussion

If you can do all three, then a one-on-one conversation might work best!

Pick the right **TIME**:

- When you are both calm and don't feel rushed
- When there are few distractions and you are thinking clearly

Speak from the "**I**" but also provide relevant **INFORMATION**:

- "The I:" Share YOUR concerns about suicide
 - What warning signs have you noticed?
 - Make it clear when you're sharing opinions with "I feel," "I think," etc.
- Limit facts and stories
 - What facts stand out to you? Why does it matter?
 - What facts speak to your loved one's values?
- Stay focused on recent incidents and concerns
 - Don't bring up the distant past
 - Talk about worries (and hopes!) for the future

Be **OPEN** to your loved one's perspective:

- Don't lecture. Speak briefly to give your loved one space to respond.
- Pay attention to their reactions, try to understand them
- Understand their values:
 - Why is firearm ownership important to them?
 - What do they like and value about the current storage plan?

Be prepared for a "**NO**," (and remember that's okay!):

- Remind yourself that by speaking from "**the I**," they now understand you better.
 - Let them think about it, and then come back at a later **TIME**
- By being **OPEN** you now learned about why some suggestions might not fit
 - Use that knowledge to research new **OPTIONS** that might work better

O.P.T.I.O.N. Worksheet

OPTIONS for Storage:

PEOPLE I might want to involve:

Can my loved one...	With Me?	IF NO: Then who can I ask to help?
...discuss their storage details		
...disagree calmly		
...trust firearm advice		

TIME where **WE** will be most effective:

INFORMATION and concerns that **I** want my loved one to know:

Tips to stay **OPEN** to your loved one's perspective:

- Speak briefly to give your loved one space, **LISTEN** to understand your loved one's perspective. It will inform whether to respond and how to respond.
- Questions to better understand their perspective:
 - Why is firearm ownership important to you? _____
 - What works about our current storage plan? _____

Things you can do if they say "**NO**":
