

# **“Bean Dip” Technique**

**A simple & effective way to deal with intrusive & uncomfortable conversations especially with family members.**

**The “Bean Dip” technique has two parts:**

- 1. Acknowledge the other person’s ideas, concepts and/or concerns.**
- 2. Change the subject.**

**Some examples:**

- ❖ Grandma, I see you are worried about my classes. Can you pass me the bean dip?**
- ❖ Tio, you have some interesting political ideas. What about those Astros and the World Series?**
- ❖ Mom, I can tell you care about my single status. These cookies are delicious, is it a new recipe?**

**Write you own “Bean Dip” sentence:**