Family / Partner Conversation Guide

Use this checklist to ensure you have an honest, grounded conversation with the people most impacted by your decision to run. Move through each section carefully and check off each item once completed.

☐ Scheduled a Dedicated Conversation

You chose a specific time to talk — not in passing, not reactively, and not under stress.

- Conversation date: _____
- Who was included: _____

You approached this as a serious life decision.

☐ Discussed Time Commitment Expectations

You clearly explained what campaigning will require week-to-week.

Complete the following:

- Estimated hours per week: _____
- Expected busy periods (petitioning, fundraising, final 60 days): _____
- What I may need to give up or reduce: _____

You were transparent about how your schedule will change.

☐ Discussed Financial Expectations

You explained potential costs and financial realities of running.

Complete the following:

- Personal financial contribution (if any): $_____
- Fundraising expectations: _____
- Financial risks or uncertainties: _____

You addressed concerns about income, savings, and stress honestly.

☐ Discussed Emotional Realities

You acknowledged the emotional pressures of campaigning.

Discussed topics included:

- Public criticism
- Rejection and slow fundraising periods
- Online negativity
- Election uncertainty

Complete the following:

- The hardest emotional part may be: _____
- How I typically handle stress: _____

You did not minimize the emotional load.

☐ Discussed Emotional Realities

You actively listened without defensiveness. Their top concerns were:

1. _____
2. _____
3. _____

You reflected their concerns back to ensure understanding.

☐ Defined Support & Boundaries

You agreed on how they can support you — and what limits are necessary.

Complete the following:

- Ways they are willing to support me: _____
- Boundaries we need to set: _____
- Warning signs we should watch for: _____

You created shared expectations, not assumptions.

☐ Confirmed Level of Support

After the conversation:

☐ Fully supportive
☐ Supportive with conditions
☐ Hesitant
☐ Not supportive

If conditions were discussed:

Conditions: _____

You have clarity about where things stand.

☐ Reconfirmed Your Decision With Alignment

After this conversation:

☐ I feel more confident moving forward.
☐ I need to adjust my expectations.
☐ I need additional conversations before deciding.

You are not moving forward in isolation.

Before moving forward:

If you can check these boxes honestly and feel aligned at home, you are ready to move into the next step.