

Conflict Resolution Worksheet

Be Quick to Listen, Slow to Speak, and Slow to Anger

Situation (Issue)
What am I Thinking?
What am I Feeling? (see list below)
What are my Beliefs? (see list below)
What was/were my Action(s)? (see below)
What am I Blaming My Partner For?
What Else Could Their Comment or Action have Meant? (if applicable)
What <i>did</i> they mean to communicate or mean by their action? (ask them!)
Am I <i>assuming</i> anything or is there <i>actual evidence</i> to support my perspective? (if applicable)
Is there anything from my past hurts or losses that could be influencing my mood or reaction?
Is there anything stressful going on in my life that could be influencing my mood or reaction?
What (blame) <i>Should I</i> Take Responsibility For?
Am I trying to see my partner's perspective? Y/N Can I see their perspective? Y/N <u>What is it?</u>
For what am I sorry & am I willing to apologize and ask for forgiveness for <u>my part</u> of this issue? (harsh tone, sarcasm, reaction, harsh words, blame, assumptions, accusation, projections, etc.)
Looking back, if I could do it over again, what would I do differently?

(If the choices below aren't sufficient, please use your own words. Also, if a question doesn't seem to fit your situation, just go to the next question.)

Core Feelings: Sad, Lonely, Glad, Guilt, Shame, Anger, Fear, Hurt

Beliefs: Unappreciated, Insignificant (I don't matter), Defective, Unloved, Unsafe, Inadequate, Unlovable, Broken, Invisible, Stupid, Worthless, etc.

Actions: I/I'm: Hit, blame myself or others, rage, throw things, get defensive, have to be right, passive, aggressive, sarcastic, insult, yell, shaming, leave, run away, shut-down, isolate, self-pity, argue, fight, medicate by using - (drugs, alcohol, porn, sex, TV, work, cleaning, reading), etc.