

## Relationship Worksheet

### Instructions for use

- The first person folds the sheet down the middle of the two columns, and completes all boxes in the first column except for last one.
- The second person\*, without looking at what the first person has written, completes all boxes in the second column except for the last one.
- When you are both feeling calm and are agreeable to talking things through: Set aside a half an hour or so to discuss what you've both written
  - What actually happened?
  - Look at both columns together
  - What were or are we really reacting to?
  - What meaning have we given this situation or concern?
  - What's really pressing our buttons about this?
  - Observe and discuss each other's different perspectives at the time
  - Is there another way of looking at this?
  - If we take the helicopter view: an independent observer watching this situation, with no emotional involvement - what would they make of this?
  - What advice would we give to someone else in this situation?
- Reach an agreement and make an action plan: complete the bottom box or use a separate sheet
  - Consider how you both could have thought differently at the time
    - Was one or both of us:
      - Getting things out of proportion?
      - Confusing facts with opinion?
      - Expecting something different?
      - Mind-reading what the other might have been thinking or meaning?
      - Misinterpreting the situation?
      - Jumping to conclusions?
      - Thinking negatively about where this might lead?
      - Worrying about how this would affect other people, or other situations? (eg.