

DO THIS. NOT THAT.

When I'm upset about work, I want to feel _____. Ideally, I want you to _____ and I don't want you to _____.

When I'm upset about kids/family, I want to feel _____. Ideally, I want you to _____ and I don't want you to _____.

When I'm upset with myself, I want to feel _____. Ideally, I want you to _____ and I don't want you to _____.

When we're fighting, I want to feel _____. Ideally, I want you to _____ and I don't want you to _____.

When I'm upset about global/political issues, I want to feel _____. Ideally, I want you to _____ and I don't want you to _____.

When I'm feeling anxious, I want to feel _____. Ideally, I want you to _____ and I don't want you to _____.

When I'm feeling stressed out, I want to feel _____. Ideally, I want you to _____ and I don't want you to _____.

When I'm feeling depressed or down, I want to feel _____. Ideally, I want you to _____ and I don't want you to _____.

When I'm upset about _____, I want to feel _____. Ideally, I want you to _____ and I don't want you to _____.

When I'm feeling _____, I want to feel _____. Ideally, I want you to _____ and I don't want you to _____.

THREE QUESTIONS FOR CONFLICT

1. What outcome do I seek?
2. What can I do to produce this outcome?
3. What do I want my partner to do? Be specific.

