

CONSTRUCTIVE CONVERSATIONS WORKSHEET

1. How do people close to you respond to you when you are upset about having needs not met? (ie. Listen and validate, dismiss, ignore, criticize, attack, detach etc)

2. What is your part?
(ie. perhaps you let it build and then explode making it hard for them to hear, maybe you don't even tell them, etc)

3. What is their part?
(ie. maybe they are avoidant or sensitive to criticism, dismissive or rejecting, previously seemed fragile and resorted to drinking etc)

4. How do you avoid owning your feelings? (ie. Avoid, detach, eat, distract, FB, Netflix, alcohol, blame others, self sabotage etc)

Jim Gaffigan video on MacDonald's

CONSTRUCTIVE CONVERSATIONS & KIND CONFLICT
CHEAT SHEET

- No blame, no shame
- Really listen - we want to learn how and why they think as they do
- Respect that we all have baggage:
 - **REFLECT**- what it looks like is going on (ie. You seem really hurt about this)
 - **WONDER**- make an educated guess about why if what we reflected was accurate (ie. I wonder if it is connecting with the last time we had an argument and you felt not heard)
 - **VALIDATE**- normalize or show understanding (ie. If that is what is happening and you feel like we are right back to square one, I can understand why you would be so upset right now)
- We don't really understand each other unless we appreciate the emotional factors driving us and others
- When we allow feelings to come and go, we can have feelings without being driven by them

10 things that happen when we set boundaries
(From Huffington Post)

1. You are more self aware
2. You become a better friend and partner
3. You take better care of yourself
4. You are less stressed
5. You are a better communicator
6. You start trusting people more
7. You are less angry
8. You learn to say no
9. You end up doing things and activities you WANT to do
10. You become a more understanding person

Brene Brown video on Boundaries