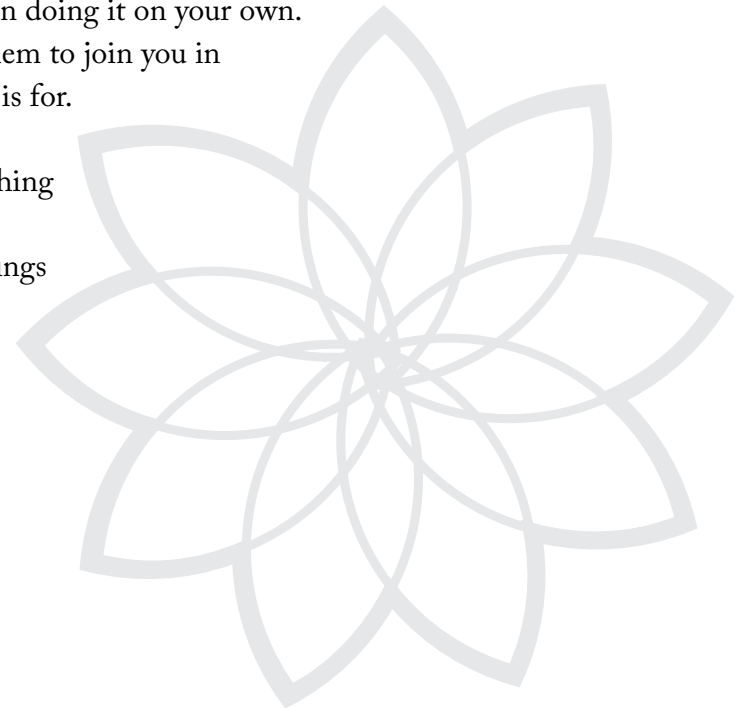


When you are in a stressful conversation or situation use this sheet to re-connect to what's really going on for you, and possibly the other person as well.

1. Take a breath. The best thing you can do is find calm. Take a breath. Take a walk. Have a cup of tea. Hug a tree. Do a yoga pose. Get your feet on the ground. Take a hot bath. Read a funny story. Giving yourself a bit of time to find calm will help you work through the sheet. If you find that nothing you try offers you any relief, then go ahead with the worksheet. Perhaps it will be the process which supports you in finding your way to care and compassion. If you find yourself stewing in a myriad of thoughts that keep you connected to the distress, possibly asking others for some empathy will be helpful, rather than doing it on your own. Be mindful if you ask others for support, that you aren't inviting them to join you in finding whose at fault. That is the opposite of what this worksheet is for.
2. Run through each question one by one. Identify the very specific thing that happened. Allow yourself to hear your thoughts, identify how you feel and the needs at the root of the feelings. Make a list of things that would meet those needs. Then, consider the other person, and run through the same questions. At this point you will be more able to consider solutions/strategies that will meet all the needs. Remember to expand your thoughts to include strategies that aren't just between the two of you. How else will all the needs get met and put them on the list!



WHAT HAPPENED

the actual words or situation:

 *Considering my own...*

Thoughts/Judgements

Feelings

What is Important to Me?

My Precious Needs

Requests I might make to meet these needs:

OF MYSELF: Can I shift my perspective or habit in some way?

OF THEM: What can I ask this person for?

OF THEM: Are there ways I can meet these needs without involving the person specific to the situation?

 *Considering the other person's...*

Thoughts/Judgements

Feelings

What is Important to Me?

My Precious Needs

Offers I might make to meet their needs:

Strategies that will meet needs of all?