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| **Chart for Exercise 1****Owning Up to Your Own Faults**(*Developing Habits for Relationship Success v. 5.0)***Name:**   **Date:** |
| Please place an “x” in front of the required skills you have often neglected to implement during disagreements. \_\_ Avoid erroneous fault-finding\_\_ Find the understandable part\_\_ Identify underlying needs, values and worries\_\_ Offer assurance\_\_ Give and ask for equal regard\_\_ Stand up for yourself without making a big deal ofthe fact that you had to. | Please place an “x” in front of the friendship skills that you need to improve on.\_\_ Curiosity About Your Partner’s World\_\_ Notice and Acknowledging the Positive\_\_ Pursue Shared Meaning\_\_ Make and Respond to Bids for Connection |
| Please place an “x” in front of disagreement-related offenses that you have often committed.\_\_ Jumping to negative conclusions; Failing to give the benefit of the doubt.\_\_ Concluding that your partner was wrong when shewasn’t\_\_Defensiveness\_\_Dismissiveness\_\_Unwillingness to compromise\_\_Acting “High and Mighty”\_\_Withdrawing prematurely\_\_Excusing yourself from the responsibility of standingup for yourself, and instead blaming her for being controlling. | Please place an “x” in front of obvious offenses that you have committed.\_\_Physical aggressiveness\_\_Intentional lying or deliberate deception\_\_Violating a mutually agreed upon standard of faithfulness in the area of sexual conduct\_\_Express contempt (name-calling, put-downs, disgustor disdain)\_\_breaking a clear agreement with no good reason\_\_badmouthing or undermining your partner\_\_violating her privacy or personal space \_\_making an irreversible, unilateral decision regardingsomething about which you knew that she had strong feelings. |
| Please list at least three disagreements during which you interacted with your partner poorly. Indicate the specific disagreement-related offenses you committed, and the specific disagreement-related skills that you neglected to implement. 1.2.3. |