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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 of  the 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 she  wasn’t  \_\_Defensiveness  \_\_Dismissiveness  \_\_Unwillingness to compromise  \_\_Acting “High and Mighty”  \_\_Withdrawing prematurely  \_\_Excusing yourself from the responsibility of standing  up 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, disgust  or 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 regarding  something 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. | |