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| **Chart for Exercise 10**  **Preparing to Talk About Your Upset or Hurt Feelings**  (*Developing Habits for Relationship Success v. 5.0)*  **Name: Date:** |
| Below, please describe one thing that your partner did that was especially hurtful or  created a lot of distress inside of you. |
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| What have you done that has probably been just as detrimental to your relationship? How have you contributed to the conditions that made it difficult for your partner to care about you or think in advance about how her actions would impact you? |
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| What seemed to be the sad truth behind her words or actions?  What did her actions seem to be saying about you, her, or your relationship? |
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| Is it possible that your answer to the above questions may not be true, may be only partially true, or may not paint the full picture? If so, why? |
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| In an upcoming conversation, what words can you use to assure your partner that you are open to the possibility that your interpretations could be inaccurate, or that there may be other important things that are equally true? |
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| What are the vulnerable thoughts and feelings (e.g., self-doubt, insecurity, uncertainty, etc.) that you had in the wake of her actions? |
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| Are there any questions that you will share with your partner prior to the upcoming conversation? |
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| Take a few moments and think about any steps you might want to ask your partner to take that might help you regain trust in her. |