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| **Chart for Exercise 11** **Preparing to Listen and Respond as Your Partner Talks about Past Hurts**(*Developing Habits for Relationship Success v. 5.0)***Name: Date:** |
| Below, please describe one thing you’ve done that you feel bad about. |
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| What do you think it felt like for your partner in this situation?  |
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| What words can you use to encourage her to explain how she felt in this situation?What words can you use to convince her that you want her to take her time explaining? |
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| What questions can you ask that might help you understand what it was like for her? |
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| As your partner is talking, if an urge comes up inside of you to dispute the details, what can you say to yourself that might help you be able to let go of this urge? |
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| What interpretations (if any) do you think that your partner may be holding onto that could be fueling her distress about the situation?  |
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| What can you say to yourself that might help you consider that it’s possible that there may be at least a grain of truth in her interpretations? |
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| As your partner is talking, if an urge comes up inside of you to justify your past actions, what can you say to yourself that might help you feel okay about letting go of this urge? |
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| If a voice comes up inside of you that says “She should be over this by now!” what can you say to yourself that might help you question this voice? |
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| If you were in her shoes, what questions might you have about the situation? |
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| What things or situations contributed to you crossing the line, being selfish, insensitive, or for failing to care or think about how your words or actions would impact her? |
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| What steps you can take to change the things or situations that contributed to you being selfish, insensitive, or for failing to care or think about how your words or actions would impact her? |
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| What additional steps you could take to help re-establish trust going forward? |
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