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| **Chart for Exercise 3**  **Interrupting Old Habits Every Single Time**  (*Developing Habits for Relationship Success v. 5.0)*  **Name:**   **Date:** |
| Please use the space below to describe what you were (or are) frustrated or upset about and give your thoughts about your partner’s perspective or behavior. |
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| What is something that could be at least partly understandable about her perspective? |
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| Beneath the present situation, what underlying want or need might she have that could be as valid as your own? |
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| In an upcoming conversation, what words can you use to convey open-mindedness and genuine interest in understanding her perspective, or to acknowledge understandable or valid things about it? |
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| Assume for the moment that even if you have a respectful discussion with your partner, you may still not be on the same page with your wants, needs, or expectations. What is one possible suggestion you could make that would be an attempt to give equal weight to both of your perspectives? |
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