|  |
| --- |
| **Chart for Exercise 8** **Practicing with Pre-Recorded Provocation**(*Developing Habits for Relationship Success v. 5.0)***Name:**   **Date:** |
|  |
| **Version 1: Responding Effectively to Complaints or Criticism** |
| Describe the complaint that your partner recorded for you. |  |
| As you listened, what negative feelings came up inside of you? |  |
| Did you pause and follow each step of the Recalibration Protocol? |  |
| As you reviewed the Protocol, what things did you say to yourself that helped you feel calmer and better able to listen to your partner? |  |
| What statements did you practice saying to her that acknowledged understandable things or let her know you were trying to understand? |  |
| Thoughts about today’s practice session(s)? |  |
| **Version 2: Responding Effectively to When Feeling Dismissed or Discounted.**  |
| Describe the complaint that you recorded for your partner. |  |
| As you listened to their defensive or dismissive recorded response, what negative feelings came up inside of you? |  |
| Did you pause and follow each step of the Recalibration Protocol? |  |
| As you reviewed the Protocol, what things did you say to yourself that helped you feel calmer and better able to listen to your partner? |  |
| What statements did you practice saying to her that acknowledged understandable things or let her know you were trying to understand? |  |
| Thoughts about today’s practice session(s)? |  |