

Dialogue Reflection Worksheet

Instructions: Use this worksheet to reflect on a recent conflict or misunderstanding. Take your time with each question, and write honestly.

1. Describe the Conflict

- What issue or event would you like to discuss?

2. Sensory & Emotional Awareness

- What else was going on that may have contributed to your distress? (ie Were you hungry, stressed, tired)
- What did you notice was going on in your body? (ie Did you notice feeling shaky or sweaty)
- What emotions did you feel during the conflict?

(Circle or list): Angry, Hurt, Sad, Scared, Confused, Rejected, Frustrated, Embarrassed, Other:

3. The Story You're Telling Yourself

- What assumptions are you making about the other person's intentions?
- Are you interpreting the situation based on past experiences or unresolved pain?
- Is the issue you are discussing the actual problem or are you upset because the issue represents or confirms a bigger problem?
- "The story I'm telling myself is..."
- "When this happens (name the action) I feel (name the emotion)"

4. What This Reminds You Of

- Does this conflict bring up memories from earlier relationships or experiences?
- What past wounds or patterns might be influencing your reaction?

5. What You Can Affirm

- What do you appreciate about the other person (even in the midst of conflict)?
- What good things do you know to be true about the other person despite the conflict?
- Can you name an assumption or perception that you have that might not be true or that doesn't line up with their character?
- Can you name a strength or good intention they might have?

"I can affirm that you..."

6. Your Role and Responsibility

- How did you contribute to the conflict?
- What could you have done differently?

- What do you want to take ownership of?
- What might the other person need or want from you?

7. What You Need Moving Forward

- What would help you feel heard, safe, or respected? (ie Something I'd like you to acknowledge is...)
- What specific request or change do you want to make?
- "What I need is..."
- "Would you be willing to..."

8. Next Steps

- What would help repair the relationship?
- Is there something you want to say, ask, or do next?