



Conflict conversation worksheet

Adults preparing for an ordinary disagreement about shared plans, responsibilities, boundaries, or follow-through.

Choose a single event rather than the entire history of a relationship. “The equipment was left outside after the agreed return time” gives both people something concrete to discuss. Then name the practical impact and your own feeling without treating an interpretation as a fact.

One issue I want to discuss:

What happened, stated as an observation:

The practical impact and my feelings:

A request the other person can answer:

What I want to understand from them:



Conflict conversation worksheet: continue

Listen for missing context. Record only what was actually agreed, and leave open questions open.

Write a sentence for asking to pause and a possible time to return. A break does not settle the disagreement, and the other person may need to negotiate the timing. Put the unresolved decision in writing so you know what to revisit.

What I can adjust and what limit I need:

A pause sentence and proposed return time:

What we actually agreed, if anything:

Who will do what, and when will we revisit it?
