



After the fight: Partner A

Wait until you have both calmed down, at least 20 minutes and often until the next day. Fill in your own sheet only, then read them to each other one box at a time.

1. What happened

Describe it the way a camera would: who said what, where, when. "Sunday, 8 p.m., kitchen. I asked about the car payment and you walked out." Leave out why.

2. What I felt

Feeling words only, not "I felt that you...". Some to choose from: hurt, embarrassed, lonely, scared, overwhelmed, dismissed, defensive, angry, guilty, ashamed, frustrated, sad, invisible, trapped.

3. What I needed in that moment

"I needed you to stay in the room for five more minutes." "I needed to hear that the payment was handled."

4. My part

One thing you did that made it worse, even if it was small. "I raised it while you were cooking and already tired."

5. One repair step

Something you will do in the next 48 hours. "I'll ask before bringing up money on a weeknight."



After the fight: Partner B

Wait until you have both calmed down, at least 20 minutes and often until the next day. Fill in your own sheet only, then read them to each other one box at a time.

1. What happened

Describe it the way a camera would: who said what, where, when. "Sunday, 8 p.m., kitchen. I asked about the car payment and you walked out." Leave out why.

2. What I felt

Feeling words only, not "I felt that you...". Some to choose from: hurt, embarrassed, lonely, scared, overwhelmed, dismissed, defensive, angry, guilty, ashamed, frustrated, sad, invisible, trapped.

3. What I needed in that moment

"I needed you to stay in the room for five more minutes." "I needed to hear that the payment was handled."

4. My part

One thing you did that made it worse, even if it was small. "I raised it while you were cooking and already tired."

5. One repair step

Something you will do in the next 48 hours. "I'll ask before bringing up money on a weeknight."
