

Reflections Prior to Initiating a Dialogue

Think of how you aspire to be during this dialogue. Try to make it emotionally safe for your partner to hear you by striving to be calm, open, empathic, non-blaming or shaming, etc. Remember, you have a part to play in how your partner hears you. Reflect on the below questions before you start the dialogue:

1. The (frustration, concern, complaint, disappointment, event, etc.) that I would like to discuss is:
2. Why this matters to me is:
3. The ineffective thoughts/attitudes/beliefs that I have about you in regards to this are? (*This is where you identify any blaming, shaming, judging, etc. towards your partner.*)
4. How I feel regarding this is: (*Ex. are fear, sadness, loneliness, anxiety, helplessness, hopelessness, etc.*)
5. What I sometimes do that I am not proud of when I have these thoughts and emotions is:
6. Even though this is ineffective, I sometimes do it anyway because:
7. Even though I may represent myself ineffectively, I really hope your will respond to me by:
8. However, I understand that it may be hard for you to respond to me like this because:
9. You might respond better to me if I:
10. What I want to add that might make this dialogue more connecting and productive is: