

A SHORT REFLECTION WORKSHEET

Map the pattern, not the person.

Use one recent, ordinary example. Describe what happened without diagnosing either person.

01 THE MOMENT BEFORE

What happened immediately before the tension? What did you see or hear?

02 THE MEANING I GAVE IT

What story or assumption appeared in your mind?

03 MY PROTECTIVE MOVE

What did you do next - pursue, explain, withdraw, criticize, fix, or become quiet?

04 THE EFFECT

How did your response shape what happened next?

TURN INSIGHT INTO DIRECTION

Choose one different next move.

Do not aim for a perfect response. Choose one specific interruption you could realistically practice.

01 THE EARLIER SIGNAL

What physical, emotional, or situational cue tells you the pattern is starting?

02 THE PAUSE

What short sentence or action could slow the sequence without ending the conversation?

03 THE CLEAR REQUEST

What do you want to ask for without blame, mind-reading, or a long explanation?

04 THE RETURN PLAN

If a pause is needed, when and how will you return to the conversation?

MY NEXT SMALL EXPERIMENT
