

Challenging Situation Worksheet

Date :

What is the situation?

1. What stories am I telling myself about this situation?

All thoughts about others are projections. When I describe the situation, what parts of my story could be seen as judgmental? Blaming? Shaming? Accusing? Criticizing? Or Making the other wrong? Do you feel good or upset when you think these thoughts?

After identifying your thoughts, projections and judgments, acknowledge that these thoughts are **stories** and not the whole reality.

2. What am I longing for?

Use the *Universal Needs, Value, Longings and Desires* list.

3. What am I feeling?

Use the *Emotions Inventory*; clarify your emotions from your stories.

4. What do I imagine the other person is thinking, feeling & needing?

5. How can I listen and express in a way that demonstrates care and compassion?

If possible, listen to them first. Establish your care! If we cannot authentically care about the other persons feelings and desires, we are not ready to connect. Ask yourself: *How can I best establish connection?*

Avoid any words that could be perceived as judgment, blame, shame or criticism