

CONVERSATIONS WORKSHEET

Choose: Choose a conflict that needs to be resolved.

- My View of the Conflict: _____
- Why it Matters: _____
- Picture of Resolution: _____

- Others' View of the Conflict: _____
- Why it Matters: _____
- Their Picture of Resolution: _____

- Points of Agreement: _____
- Points of Disagreement: _____
- Necessary Steps for Resolution: _____

Narrate: Narrate the experience with each other.

- What I see is happening is: _____
- What I see that isn't working: _____
- What I hear you saying is: _____
- What I need you to hear is: _____
- What I'm afraid to say is: _____

Table: If the problem can't be resolved in the first two steps, then come back to the conversation and initiate this step. See the other side.

- On the left side of a piece of paper, write out both sides of a conversation in skeletal form.
- In the middle, write out what you're actually thinking as the exchange develops.
- On the right, write out how you think the other person perceives your responses.
- Then, move the piece of paper to the other side of the table and talk about it "over there".

TABLING CONVERSATIONS

Conversation

You: "Hey, I think we should start using a budget."

Them: "We've tried that before. It doesn't work."

You: "We'll maybe we should try it again."

Them: "Why do something that doesn't work?"

You: "We'll, maybe we need to change something. Maybe it's not the budget."

Them: "Do you mean 'we' need to change something or 'I' need to change something?"

You: "Does it matter if it's me or you or both of us? Budgets work. Dave Ramsey says so."

Them: "So, now you're pulling someone else into the argument? Big whoop if he's a millionaire. He makes more money than us."

You: "I don't to argue. Honestly, just don't want the financial pressures anymore."

What You're Thinking

"I'm so stressed by our money but more stressed by our communication."

"I don't think he/she wants it to work."

"We can't agree on anything. I'd like to agree on something. Maybe he/she's afraid of change."

"I'm not accusing or blaming. I'm scared of what retirement will look. I need help with my self-control. And I think you do, too. I don't want you left with no money at the end."

I think he/she feels "trumped" by this comment. And feels disempowered by needing help.

"I think other people could help us with our money and our communication."

Their Perceptions

I'm stressed too but I always feel blamed.

You always go here.

I'm not afraid to change. I'm frustrated and saddened you always put the blame on me.

I appreciate your concern and what you bring to the table but I like the freedom and flexibility of thinking about what's going on now.

Other voices can be helpful but I think we need to work it out on our own.