

# Challenging Situation Worksheet

Date :

Short description of the situation:

## 1. What am I telling myself?

All thoughts about others are a projection. When we have painful memories, the previous pain colors our perceptions. Ask yourself: what is the story that I might be running? Get clear on judgmental thoughts. Let it all out!

## 2. What am I feeling?

Use the Feelings list; remember that we don't want to confuse feelings with thoughts, evaluations, judgments or diagnosis.

## 3. What am I needing?

Use the Needs list.

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

## 5. Apply the 7 Adjustments:

**Willingness, Curiosity, Compassion, Acceptance, Understanding, Reassurance & Appreciation**

## 6. What specific actions might I request &/or offer that could meet both our needs?