

# *After The Conflict*

## *- Exercise*

*How will this worksheet help you?*

Think about a recent conflict you had with your partner. This worksheet includes questions that you can ask yourself to create a self awareness on how you think feel and act during a conflict.

Try to complete this worksheet to process your thoughts, feelings and beliefs.

Hope this will be helpful

# *After The Conflict*

## - Exercise

*We are often caught in a pattern or loop everytime we have a conflict with out partner. This pattern is created by the wounds from our childhood and the type of survival mechanisms we adapted as a response to those wounds. Self awareness is the first step to break this patten.*

Thoughts that showed up about me:

How old are these thoughts and when have they showed up before, with whom?

# *After The Conflict*

## *- Exercise*

Thoughts that showed up about my partner and the relationship:

How often do these thoughts show up and when?

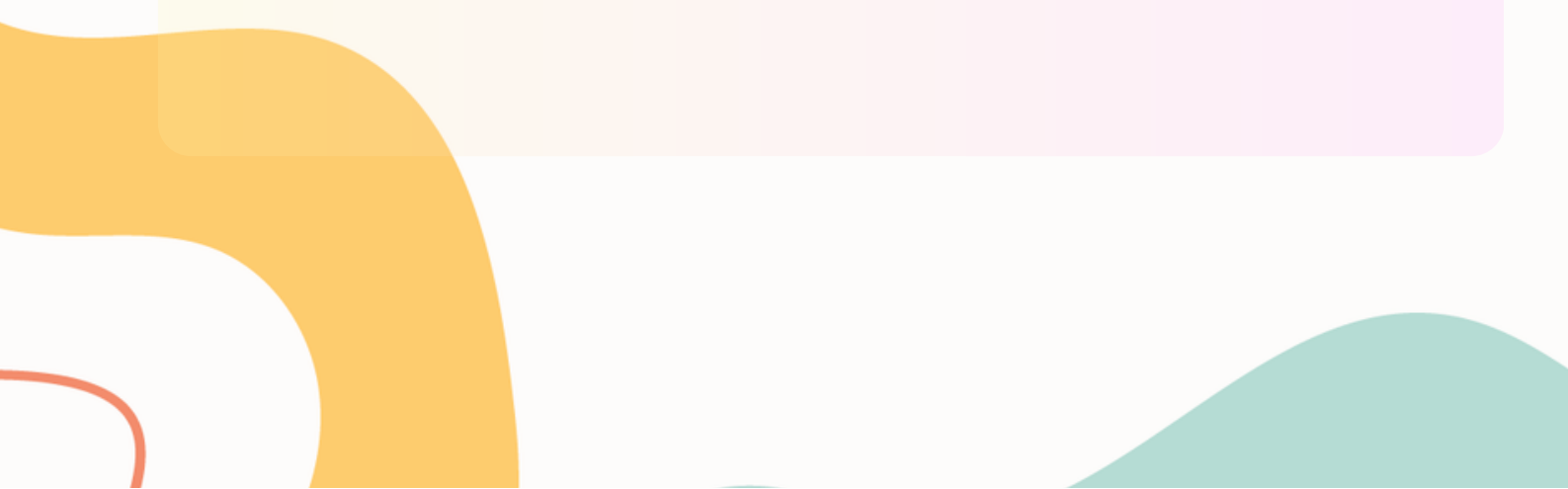


# *After The Conflict*

## - Exercise

Feelings that show up and the sensations I feel in my body:

What were my triggers?



# *After The Conflict*

## *- Exercise*

What were my actions followed by this trigger? How did I talk and behave?

Were my actions helpful to de-escalate the situation? Did they help me to calm myself down?

# *After The Conflict*

## *- Exercise*

If I have a choice, will I make a different choice of action next time? What are they?

Why is making a different choice next time important to me? How will this help me?