

Conflict think sheet

1. I feel:

sad

foolish

misunderstood

alone

embarrassed

taken for granted

ignored

silly

hurt

angry

distracted

jealous

2. I might want to:

(smaller self - fear, anger & denial based actions)

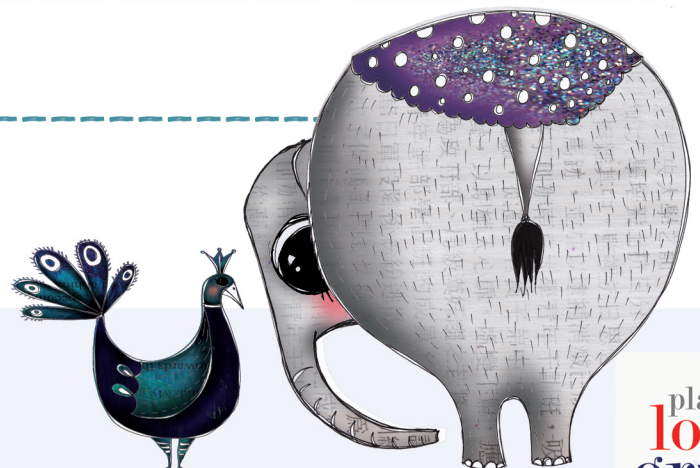
3. I choose to:

(bigger self - love, respect & responsibility based actions)

4. Do I need to apologize?

YES

NO



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