

# Preparation Worksheet

## The "Facts"

Understand Each Other's Stories		Contributions, Impacts & Intentions		
<p><b>My story:</b> <i>What is the problem from my point of view?</i></p>	<p><b>Their story:</b> <i>What is the problem from their point of view?</i></p>	<p><b>Their contribution:</b> <i>How have they contributed to the current situation?</i></p>	<p><b>Impact on me:</b> <i>What impact has this situation had on me?</i></p>	<p><b>Their intentions:</b> <i>What might their intentions have been?</i></p>
<p><i>Data?</i></p>	<p><i>Data?</i></p>	<p><b>My contribution:</b> <i>How have I contributed to the current situation?</i></p>	<p><b>My intentions:</b> <i>What were my intentions?</i></p>	<p><b>Impact on them:</b> <i>What impact might this situation have had on them?</i></p>

# Preparation Worksheet



The Feelings Conversation		The Identity Conversation		Choosing My Purpose
<p><b>My feelings:</b> <i>How do I feel about this situation?</i></p>	<p><b>Their feelings:</b> <i>What might they be feeling?</i></p>	<p><b>My self-image:</b> <i>What do I fear this situation says about me?</i></p>	<p><b>Their self-image:</b> <i>What might the situation say about them that would be upsetting to them?</i></p>	<p><b>My purposes for having a conversation:</b> <i>What do I hope to accomplish in this conversation?</i></p>
		<p><i>What's true about this?</i></p>		
<p><i>Which feelings make sense to share?</i></p>		<p><i>What's not?</i></p>		<p><i>Circle the purposes that are</i></p> <ol style="list-style-type: none"><li><i>1. In your control, and</i></li><li><i>2. Helpful to you.</i></li></ol>