

# Winning Your Relationship Game

## Deeper Understanding Worksheet



1. When \_\_\_\_\_

2. I start imagining \_\_\_\_\_

3. And I start to feel \_\_\_\_\_

4. And then I find myself \_\_\_\_\_

5. What I am really afraid of is \_\_\_\_\_

6. In the future would you be willing to \_\_\_\_\_

### **\*\*Rules\*\***

1. Be Brief
2. Do not use “you”
3. Non-violent language
4. Phrase #1-describe activating event, facts only
5. Phrase #2-describe thoughts about activating event
6. Phrase #3-describe feelings about activating event
7. Phrase #4-describe behaviors about activating event
8. Behaviors may be immediate or may come later or both
9. Phrase #5-describe the deeper fear
10. Phrase #6-make a request for:
  - ❖ Understanding
  - ❖ Empathy
  - ❖ Agreement
  - ❖ Behavior Change