1. Understand “What Happened”

Stories:
What is the problem from my point of view?
_____________________________________________________
_____________________________________________________
_____________________________________________________
What data is behind my story?
_____________________________________________________
_____________________________________________________
_____________________________________________________
What are my relevant past experiences?
_____________________________________________________
_____________________________________________________
_____________________________________________________

Contributions:
How have I contributed to the current situation?
_____________________________________________________
_____________________________________________________
_____________________________________________________

Impact and Intentions:
What impact has this situation had on me?
_____________________________________________________
_____________________________________________________
_____________________________________________________
What were my intentions?
_____________________________________________________
_____________________________________________________
_____________________________________________________

What is the problem from their point of view?
_____________________________________________________
_____________________________________________________
_____________________________________________________
What data makes their story make sense?
_____________________________________________________
_____________________________________________________
_____________________________________________________
What past experiences are relevant?
_____________________________________________________
_____________________________________________________
_____________________________________________________
How have they contributed to the current situation?
_____________________________________________________
_____________________________________________________
_____________________________________________________
What were their intentions?
_____________________________________________________
_____________________________________________________
_____________________________________________________
What impact might this situation have had on them?
_____________________________________________________
_____________________________________________________
_____________________________________________________

### 2. Feelings

**How do I feel about this situation?**

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**Which feelings make sense to share?**

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**What might they be feeling?**

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### 3. Identity

**What do I fear this situation says about me?**

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**What might they think the situation says about them?**

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**What is true about this?**

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**What is not?**

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### 4. Purpose

**What is my purpose for having this conversation?**

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Circle the purposes that are 1) In your control, and 2) Helpful to you.