



Faithfully Growing with Tim Fortescue  
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## The U-Turn and Re-Turn for Couples

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Learning to make a U-turn, unblend from reactive parts, and speak *for* them instead of *from* them is the key to having hard conversations safely. The process supports each person in gaining clarity, calming the nervous system, and getting perspective on the needs beneath their reactivity. This worksheet is a roadmap for the U-turn and can be used with the help of a practitioner or in between sessions.

1. Pause, breathe, and do a U-turn by focusing your attention inward.
2. Pay attention to your body. Describe your:

*Breathing*

*Heart rate*

*Muscle tension*

*Inner voices*

*Impulses*

3. Befriend the parts you notice by saying hi and letting them know you're here to listen and learn. What do you say to these parts?
4. Explore your part's fears and vulnerabilities.  
*What do they fear?*