

Mindfulness is a **pause** -- the space between stimulus and response: that's where choice lies.

Tara Brach

Slimbo Notebook
www.okslimbo.com
Instagram: @slimbonotebook



Activity: Self-Guided Conflict Assessment

What is it?

This assessment can be used when you have been hurt or offended by someone to help create space between the event and your response. It will also serve to add perspective and help lower your emotional response. Many times, simply completing this guide will help you feel resolved and the need for confrontation may subside.

If it doesn't, you can use this guide as a script to help you communicate your thoughts and feelings in a gentle, clear, and constructive way.

The Prompts:

1. What are you unhappy about?

Example: "I didn't like that you ignored me"

2. How did it make you feel?

Example: "I was hurt because I really needed to talk to you, and you weren't available for me."

3. Why this made you feel this way?

Example: "Lately, you have been really busy, and I feel like you haven't had time to spend with me. It makes me feel lonely and I miss our time together."

4. Apologize and don't demand an apology in return.

Example: "I am sorry I yelled and stormed off. I know that you have a lot going on and that you aren't intentionally hurting or ignoring me."

5. Communicate your appreciation.

Example: "I really appreciate how hard you have been working for our family lately. Your success at work gives us a lot of opportunities and stability."

Give it a Try:

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2. How did it make you feel?

3. Why this made you feel this way?

4. Apologize and don't demand an apology in return.

5. Communicate your appreciation.