

Post-Fight Self-Assessment

The following are effective actions to take during a disagreement. They are in no particular order. On a 1-10 scale, with 1 being not at all and 10 being 100%, how would you rate your own participation in a previous fight?

- 1) _____ How curious did I stay about my partner's concerns?
- 2) _____ Did I consistently recap what I was hearing?
- 3) _____ How clear was I in terms of what I wanted?
- 4) _____ How clear will my partner say I was in terms of saying what I wanted?
- 5) _____ How clear was I in terms of explaining why my concerns were important?
- 6) _____ Will my partner say I was clear explaining why my concerns were important?
- 7) _____ How clear was I in terms of stating what this problem symbolized to me?
- 8) _____ How clear did I get in terms of what the problem symbolized to my partner?
- 9) _____ How well did I keep my voice tone in check to avoid triggering my partner?
- 10) _____ How clear am I on the price my partner will have to pay to give me what I want?
- 11) _____ How easy am I making it for my partner to give me what I want?
- 12) _____ How easy would my partner say I am making it for them to give me what I want?
- 13) _____ How clear am I about the fear and risk of expressing myself clearly?

After you complete this checklist, swap forms with your partner to see what you can learn. Reflect on what you can do differently in the future.

Where will you focus your attention to improve next time?
