

Problem Solving Strategy Session

Think of a typical discussion you have repeatedly had with your partner that always ends up in frustration. Then complete the script below and share it with your partner.

The discussion theme that always ends up in frustration is... _____

_____.

My needs in those moments are: _____

_____.

The fears and intense emotions that are underneath my anger during these discussions are..._____.

I could express this to you in the future in the following way:

_____.

In those moments when these feelings fears and needs come up for me what you could do to help me is:

_____.

If you helped me in this way I think it would benefit our discussion in the following ways: _____.

Share with your partner.