

A man and a woman are sitting on a bed, looking thoughtful. The man is on the left, wearing a white t-shirt, and the woman is on the right, wearing a white tank top. They are both looking towards the right side of the frame. The background is a light-colored wall with several circular framed pictures. The overall mood is calm and reflective.

*A Harmonious Life*  
**AHL**  
AUTHENTICITY COACHING  
BUSINESS CONSULTING

# Feelings Process for Resolving Conflict

## PDF WORKSHEET

## THE SITUATION



What happened?

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What did NOT happen?

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What was my expectation?

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# ANGER



I am so angry that \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This anger is making my body feel \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I want \_\_\_\_\_ to know that \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# SADNESS



I am so sad that \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

It makes me sad because I feel like it means \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# PAIN



This situation reminds me of \_\_\_\_\_

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This is just like when \_\_\_\_\_

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# FEAR



Because this happened, I'm afraid it means \_\_\_\_\_

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The thing I am most afraid of is \_\_\_\_\_

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## PERSONAL RESPONSIBILITY



I could have handled this situation differently by \_\_\_\_\_

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The unrealistic expectations I may have had about this situation were \_\_\_\_\_

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# EMPATHY



I understand that \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I imagine that you may have been feeling \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## EXPECTATIONS

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I was really angry because you {conflict or situation} and I expected you to...

I expected you to do this because...

I now understand that you must not have realized how important this is to me and it's important because I need...

Please be honest with me and with yourself, is this something you can do for me?

If not, is there a compromise that we can come to that would still fulfil that need and that you can do?

## BOUNDARIES

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I You may not have realized this but {boundary} is very important to me because...

This isn't about you, it's about me being true to myself and I know that {boundary} is something that I can not compromise on.

If this happens again, I will have to...

## UNDERSTANDING

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I want you to understand that the reason I was so hurt was because...

It made me sad because....

I was afraid that it meant...

I want to understand you too, please tell me why you did/said what you did. What needs and/or wants were you trying to get met?

## RESOLUTION

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I appreciate you because...

I love you because...

You are important to me because...

What I want to have happen moving forward is...

What I wish for this relationship is...