

# Say it Differently

## EXAMPLE WORKSHEET

### Scenario

#### Set up, Thoughts, Feelings, Behavior

You don't help me around the house. When will you do the dishes? I think, "How many times do I need to say this?" I don't get to leave things undone. I feel tired, taken for granted, disappointed, and overwhelmed. "Look, "I'm not a housekeeper. You live here too. You need to act like it." Or I'll say, "Why bother?" Then become distant.

### Say it Differently

**Topic:** Dishes  
**The Meaning:** Support, matching effort or struggle, not feeling alone, equity  
**Feelings:** Unappreciated, unseen, obligated, It's all on me. I don't feel partnered. I don't feel loved.  
**Expectations:** You have support or comfort when you're partnered

### Negotiate & Plan

#### What are your problems?

Let's say the other partner is working 12 hour days. They aren't going to do dishes when they come home.

#### Problems/Plan

- |   |                      |
|---|----------------------|
| 1. <u>Partner feeling unsupported</u>               | 2. <u>The Dishes</u> |
| Other partner helps alleviate stress in other areas | Paper plates         |

# Say it Differently

## WORKSHEET 1

### Review Disagreement

**Your side of what  
happened**

**Thoughts**

**Feelings**

**Behavior**

# Say it Differently

## WORKSHEET 2

**TOPIC:  
&  
MEANING:**

**FEELINGS:  
&  
EXPECTATIONS:**

**ID  
PROBLEMS:  
& FIND  
SOLUTIONS:**