WORKSHEET The Sort

Fill in each part. It's fine if one bin stays nearly empty.

The moment (what happened, camera facts only): _____

The feeling I noticed: _____

The story I told: _____

MINE (what I did, and what I can fix):

_____

_____

THEIRS (their mood, day, stress, habits, history):

_____

_____

SHARED (mix-ups, unclear plans, systems, patterns between us):

_____

_____

One other explanation that doesn't put me at the center: _____

Before I sorted, how much did this feel like it was about me? (0 to 10): _____

After I sorted, how much does it feel like it's about me now? (0 to 10): _____

☐ I put at least one real item in a bin other than Mine.
☐ If something real belongs in Mine, I named it plainly.

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