WORKSHEET **My Home Sort**

Pick one sigh, snap, silence or comment from this week.

What happened (only what a camera could record): _____

What I felt (one or two words): _____

The story I told myself: _____

Their day: what might have been going on for them? _____

Our relationship: is there a pattern or an unfinished topic? _____

Me: is there a fact that points to something I did? _____

My best guess: ☐ Mostly their day ☐ Partly our relationship ☐ Partly me

What I'll do: ☐ Offer care ☐ Clarify later ☐ Respond at a calm time ☐ Let it go

The words I'll use: " _____ "

☐ I checked "their day" first.
☐ I waited for a calm moment before raising anything.

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