

Relationship Journal*


<p>Step 1 – S/he said: Write down <i>exactly</i> what the other person said. Be brief:</p>	<p>Step 2 – I said: Write down <i>exactly</i> what you said next. Be brief:</p>
<p>Circle the emotions S/HE might have been feeling</p>	<p>Circle the emotions YOU were feeling</p>
<p>Sad, blue, depressed, down, unhappy</p>	<p>Sad, blue, depressed, down, unhappy</p>
<p>Anxious, worried, panicky, nervous, frightened</p>	<p>Anxious, worried, panicky, nervous, frightened</p>
<p>Guilty, remorseful, bad, ashamed</p>	<p>Guilty, remorseful, bad, ashamed</p>
<p>Inferior, worthless, inadequate, defective, incompetent</p>	<p>Inferior, worthless, inadequate, defective, incompetent</p>
<p>Lonely, unloved, unwanted, rejected, alone, abandoned</p>	<p>Lonely, unloved, unwanted, rejected, alone, abandoned</p>
<p>Embarrassed, foolish, humiliated, self-conscious</p>	<p>Embarrassed, foolish, humiliated, self-conscious</p>
<p>Hopeless, discouraged, pessimistic, despairing</p>	<p>Hopeless, discouraged, pessimistic, despairing</p>
<p>Frustrated, stuck, thwarted, defeated</p>	<p>Frustrated, stuck, thwarted, defeated</p>
<p>Angry, mad, resentful, annoyed, irritated, upset, furious</p>	<p>Angry, mad, resentful, annoyed, irritated, upset, furious</p>
<p>Other (specify)</p>	<p>Other (specify)</p>

Their View of Me
List some adjectives that describe how the other person might be seeing you in this moment.
Their View of Them
List some adjectives that describe how the other person might be seeing themselves in this moment.

My View of Them
List some adjectives that describe how you are seeing the other person in this moment.
My View of Me
List some adjectives that describe how you are seeing yourself in this moment.

Step 3 – Good Vs. Bad Communication: Was your response an example of good or bad communication? Use the EAR Checklist to analyze what you wrote down in Step 2.

E.A.R. Checklist*

	Good Communication	✓	Bad Communication	✓
E = Empathy	1. You acknowledge the other person's feelings and find some truth in what s/he said.		1. You ignore the other person's feelings or argue and insist s/he is "wrong."	
A = Assertiveness	2. You express your feelings openly and directly.		2. You fail to express your feelings or express them aggressively.	
R = Respect	3. Your attitude is respectful and caring.		3. Your attitude is not respectful or caring.	

Step 4 – Consequences: Did your response in Step 2 make the problem better or worse? Why?

Step 5 – Revised Version: Revise what you wrote down in Step 2. Use the “Five Secrets of Effective Communication.” If your revised response is ineffective, try again.
