

The Three Questions Every Couple Should Ask in Conflict — Worksheet

Use this worksheet during or after a conflict to slow down, clarify your needs, and move toward connection rather than escalation.

1. What am I really feeling?

List the primary emotions you are experiencing (e.g., hurt, fear, frustration). Avoid interpretations or judgments about your partner.

2. What do I need right now?

Identify the core need behind the emotion (e.g., reassurance, clarity, space, being heard).

3. What is the smallest, clearest request I can make?

Turn your need into a concrete, do-able request. Avoid demands or global statements.
