

Couples Dialogue Preparation Worksheet

<p>I want to talk to you about...</p> <p>Complete this sentence-stem in one sentence only.</p>	
<p>What I see or hear that concerns me is...</p> <p>State this as an observation without expressing feelings or opinions.</p>	
<p>When that happens what I'm afraid of is...</p> <p>What fears does this concern create for you?</p>	
<p>Concerning that what hurts me is...</p>	
<p>What those feelings remind me from my childhood is...</p>	
<p>When I was a child I learned to cope and protect myself by...</p>	
<p>It would be helpful and healing if you would...</p>	