

Self—Recovery / Preparing for Re-Connection

(Remember the **SPECIFIC INCIDENT** that got you going —...when I saw / heard / thought ... I):

#1: What am I Thinking / Saying to Myself about that event? The Jackal gets to speak—
let it all out here):

#1 is for your understanding only: **Tear this part off once you've read it.** Do not show this to others!

#2: What FEELINGS are coming up for me ? — List one or more (With help from partner, coach & Feelings list), CIRCLE the ones that seem the strongest.

#3: What VALUES / NEEDS are not being met for me?— List one or more —(With help from partner, coach & Needs list), CIRCLE the ones that seem the strongest.

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Now, Guess what Feelings and Needs your partner might be experiencing around this topic. (Try to guess & understand your partner's views).

...If you find yourself becoming upset as you attempt to guess what's going on for your partner, go back and repeat your own steps #1, 2, & 3. Getting upset here means it's likely you have parts that are still not fully heard. Once you can take in what's going on for your partner, you're much more likely to have a good re-connection !

#5: What *FEELINGS* do you think came up for them?— List Several (With help from partner, coach & Feelings list), CIRCLE the ones that seem the strongest.

#6: What *VALUES / NEEDS* do you think were not being met for them? — List Several —(With help from partner, coach & needs list), CIRCLE the ones that seem the strongest.

#7: *SELF-RESPONSIBLE PART: Is there any truth in my partner's concerns about my part in this matter?*

- - Especially any negativity coming from me?
- - *How could I be more self-responsible in reconnecting about this issue?*