

CLEARING



STRUCTURE

1. When you...

(behavior specific, i.e. don't return my call...)

1.

2. I feel... (angry, hurt, afraid, etc.)

2.

3. What I make up about that is...
(i.e. that you don't care about me)

3.

4. What that reminds me of is...

(i.e. the neglectful treatment of my father, etc.)

4.

5. What I want from you is...

(behavior specific, i.e. Call me back within the hour

5.

6. What I want for myself is to...

(behavior specific, e.i. to not be upset,
feel empowered, react differently, etc.)

6.

NOTES FOR MYSELF

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anatomyofmarriage.com

