

Personal Application Worksheet

Acceptance vs. Change

1. In what ways do you feel unaccepted by the other party?
2. What do you find difficult to accept about them?
3. What can you do to help them better understand your perspective?

Redemption vs. Revenge

4. Do you ever feel the impulse to seek revenge? When?
5. Do you think the other party ever feels the impulse to seek revenge? Why?
6. What can you do to show compassion for the other's suffering?

Autonomy vs. Affiliation

7. Do you ever feel smothered by the relationship?
8. Might the other side feel smothered at times?
9. How can you create "breathing space" so your relationship can thrive?