

## Summary worksheet for Patterns of Conflict and Critical Feedback

This worksheet can be used to summarize your discoveries about whom your significant relationships are with, the ways that you have power over them and that they have power over you, how you have power with them, the patterns of conflict that you can detect, and the criticisms that you have of each other. The following notes will offer some guidance on how to fill out the chart on the other side. For more information, refer to the class handouts and your notes from class.

1. Significant Relationships: These are the five relationships that you will be paying special attention to as you look for patterns of conflict and listen for critical feedback. We can't pay attention to everything so we want to focus on that which is most important. For now we want to focus on our relationships with others though as we get better at this we will work on our relationships to ourselves.
  - a. What is a *relationship*? Sometimes we say things like, "We are no longer in a relationship," meaning that we don't have a primary intimate relationship any more. We are using the term much more broadly. If you are a teacher, you have a relationship with your students. If you drive in rush hour traffic, you have a relationship with other drivers on the road.
  - b. What is *significance*? Sometimes we miss really important information because we look right past it. Sometimes we actively try not to see it. Some of our most significant relationships are with people we have no regular contact with. For our purposes, the most significant relationships are the ones;
    - i. With whom we spend the most time. Even relationships with people I don't care about at all become significant if I spend a lot of time with them.
    - ii. Whose decisions have a big impact on me. I may not spend much time with my probation

officer, but he or she can make decisions that greatly affect my life. My dad died ten years ago, but his decisions still have a huge impact on me.

- iii. About whom I have strong feelings. Even if I never see my ex-wife and our kids are grown, if I still carry resentment about things she did to me years ago, this is a significant relationship.

2. Issues of Power: Remember that there are three kinds of power. For this exercise we are looking at *power over* and *power with*. Power over is when I make a choice and it affects someone else or when they make a choice and it affects me. Power with is when we make a choice together to work toward a common goal. If we have agreements, we have power with.
3. Patterns of Conflict: Having filled out the previous columns, this one should be pretty obvious. If one of the ways that my son has power over me is that he can lie to me, maybe one of the patterns is that he lies to me. If my wife and I have agreed to work together on set consequences for our kids' misbehavior, maybe one of the patterns is that we don't follow through with what we have agreed to.
4. Critical Feedback: In each of these relationships there are ways that the other lets me know that I am not seeing the world the way they do and ways that we see the world differently from them. These may be clues to our Cognitive Distortions.

Significant Relationship	Ways I have power over the other	Ways the other has power over me	Power with: agreements we have	Patterns of Conflict	Critical feedback: them of me and me of them