

Identifying “Patterns of Conflict” in Significant Relationships

Fill out one of these worksheets for each of your significant relationships.

Name of the person with whom you have the relationship [Sometimes the person is not known to you or is not the same person each time. For example, one of your patterns may be with the person who cuts you off in traffic or calls you to sell you something at dinnertime.]

Power dynamics:

List the ways that you have power over the other.

List the ways the other has power over you.

List the common goals that you share with the other. You may identify these by considering the ways you share power with the other, or the agreements or understandings that you have.

Conflict Log:

Keep a log of the times, places, feelings, and anything else that seems relevant about the times that you feel annoyed at the other person or when you become aware that the other is annoyed with you.

Log the responses that you each make to the annoyance. Be specific. What do you each do?

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