

Conflict Log – preparing for the Practical Disciplines

Use this log to reflect upon and to document the conflicts that arise in your significant relationships from time to time.

What Happened?

Describe the event that you experienced as a conflict from the point of view of someone watching it. Include only the parts of the event that anyone could have seen.

What were you thinking?

What thoughts came to mind for you as this happened? What did you say to yourself about it?

What were you feeling?

What sensations did you have in your body? What emotions came up for you?

What was the issue for you?

How was this affecting you?

What did you do?

What action did you take that anyone could have observed?

What might you have done?

If you had it to do over again, what other choices might you have made that would have created a different or better outcome?