

## New Way of Being Worksheet

### We begin by picking one thing to work on.

What is the persistent pattern of conflict [PPC] in a most significant relationship? With whom are you in conflict? What is the issue or what was the most recent or the most intense event in this pattern?

1. What do you know about what is actually arising when you notice this PPC?
  - a. What would the other say was happening that you agree is real?
  - b. What is your interior experience?
  - c. What is the structure and process of the relationship?
2. What is aroused in you when this happens?
  - a. What do you know about why you make the meaning that you do?
  - b. What do you normally do and in what ways is this response a failure to be fully assertive?
  - c. What will you have to stop doing that doesn't help in order to make room for a new way of being?
3. What do you long for? What quality is missing in your relationship when this happens?
  - a. Distinguish the quality that is missing from the outcome you want to create or the strategy that you want to try.

### As you hold in tension the arising, arousing, and the longing, what occurs to you that you might have done last time that would have moved you toward what you need?

What might you have done (or said) that would be true, would feel good to all parts of you, and would likely generate a response that you will be safe with? [This is a recursive loop. Keep going through it until you have found what is true, that feels good to all of the parts of you that all of you will feel safe saying.]

How will you know next time when it arises?

What can you do now to prepare for next time?

What will stop you from doing taking this action?