



This Week With

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Situation Processing Worksheet

Instructions: Think of a situation where you felt (or still feel) anger toward someone and plan to approach them to try to resolve the issue. Before approaching review this worksheet and tweak the questions to fit your situation. Pay attention to Question 4. If you can find even a grain of personal responsibility for what has happened this can help neutralize your anger and prepare you to approach in a way that won't provoke defensiveness. The goal is to resolve the issue in a way that meets your needs and maintains the other person's enthusiasm for working with you.

1. What is the situation?

2. What am I feeling?

3. Can I empathize? (Can I imagine the situation from their point of view, and how they're feeling?)

4. Am I responsible in any way? (Did I do anything to contribute to this situation? Is there anything I could have done to prevent it?)

5. What is my objective (what effect do I want to cause)? How do I want this to turn out?

6. What are my options?

7. How will I choose to respond?
