

BLUEPRINT QUESTIONS

FOR FUTURE CONFLICTS

What do you anticipate may happen?

YOUR PERSPECTIVE

- How might you feel?
- Why might you feel this way?
- How can you express or regulate your feelings?
- How might your actions affect others?

OTHER PERSON'S PERSPECTIVE

- How might the other person feel?
- What might cause these feelings?
- How can the other person express or regulate their feelings?
- How may their actions affect you and others?

Keeping your "best self" in mind,
how might you respond?