

BLUEPRINT QUESTIONS

FOR PAST CONFLICTS

What happened?

YOUR PERSPECTIVE

- How did you feel?
- What caused these feelings?
- How did you express or regulate your feelings?
- How might your actions have affected others?

OTHER PERSON'S PERSPECTIVE

- How might the other person have felt?
- What might have caused these feelings?
- How did the other person express or regulate their feelings?
- How did their actions affect you and others?

Next time, keeping your "best self" in mind,
how might you respond differently?