

# Review Chart 1: If You Got Upset or Expressed Dissatisfaction First

- Did you assume there must be a reason for her thinking or actions that you didn't fully understand yet? [2]
- Did you avoid jumping to conclusions and with an open mind, ask your partner why she acted that way? [3]
- Did you hear her out and refrain from disputing or debating what she was saying before she was able to explain fully? [2]

