Review Chart 2: If Your Partner Got Upset or Expressed Dissatisfaction First

Your partner was upset, but seemed to have at least somewhat of an open mind and seemed willing to listen to your point of view

- Did you avoid thinking things like: "She's over-reacting!" "She shouldn't be upset over something like this!" "She's lost perspective!" ?**[2]**
- Did you assume there may be a reason for her feelings that you didn't fully understand yet? **[2]**
- Did you remind yourself, "Just because I might not feel the same way if I were in her shoes doesn't mean that her feelings are unwarranted." ? **[2]**
- Did you find and acknowledge the at-least-partly understandable reasons why she was upset? **[3]**

- If you were reluctant to make the changes or concessions she wanted, did you let her know why? **[4]**
- Did you assure her that her feelings needed to count just as much as yours and that you were willing to try to find some way to meet in the middle? **[5,6]**

She was flexible and willing to give and take

She was inflexible and unwilling to give and take

Did you express irritation at her attitude and let her know that you didn't expect her to agree with you, but you did expect her to respect your feelings and be willing to give and take?

Your partner seemed to have her mind made up. She implied or said you were wrong

- Did you avoid hitting the panic button and remind yourself that her critical attitude was probably just temporary? **[7]**
- Did you fire a friendly warning shot (Ask and Offer), saying something like:
  - "Stop it! I'm listening!"
  - "Don't! I'm trying to hear what you're talking about!"
  - Would you stop pissing me off and just tell me what you're upset about? **[8]**

She seemed less critical

She still seemed critical

Did you express irritation at her attitude and tell her to STOP IT, this time more emphatically? Did you let her know (again) that you were trying to be open to what she was saying, but you expected her to be open and flexible, too? **[8]**

She still seemed critical, dismissive, or inflexible

Did you get angry and let her know if she wanted a fight, you were willing to give it? **[9]**

She was still critical, dismissive or inflexible

Did you let her know she was pissing you off and you didn't want to be around her? **[10]**

She seemed less critical and more willing to listen

When you were alone, did you avoid making a big deal in your mind of how awful her attitude was? (Did you remind yourself things like: "It's natural enough for her to want to have her own way" It's not a crime that she acted this way. She crossed the line, and I let her have it. No harm, no foul.")? **[11]**

Did you begin a new conversation without a chip on your shoulder? Did you refrain from trying to get her to see how "wrong" her behavior was? Did you avoid demanding an apology? Did you simply return to the issue? **[12]**

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