

"We" Talk Worksheet

Replace the statements with "I" statements and "We" talk. Remember the idea is to express your experience and collaborate for a solution. The conversation must be left open and unresolved for a time. Take a risk to be genuine and honest with each other during the process.

Example:

1) You're so lazy! You never put the dishes away and you know that it frustrates me. You are going to use paper plates and utensils from now on.

I feel overwhelmed when the dishes are not put away. I come home tired, and I am frustrated to see them sitting there. Is there something we can do?

2) You are so inconsiderate of my feelings! You need to at least buy me flowers or do something that shows your care, otherwise I am leaving you for someone that appreciates me.

3) You are sending some very inappropriate messages on Facebook. You better knock it off! I will embarrass you publicly if you don't stop immediately.

4) You are so irresponsible. I am going to take control of all the finances until you show you are ready for the responsibility.

5) You never let me talk or consider things from my point of view. You are so selfish! I am going to move out unless you start becoming more open to how I feel about things.

Write down one issue that you and your partner struggle with or a "hot button" issue.

Try "I" Statements together with "We" talk with your partner. Remember the idea of "We" talk is to approach the issue as a team. You are in this together. With a team mentality, each person brings their thoughts and ideas to the table. The best solution may arise all by itself, out of the collaboration. The process is about the best solution for the *team*, not individual egos.