A PRIVATE THREE-QUESTION REWIND



Why Did That Little Thing Bother Me So Much?

A “running late” text can stir up a feeling much bigger than the delay. Choose one recent moment that stayed with you. Start with the part a camera could have recorded.

One moment, three different pieces

“We said six and I heard from you at 6:15. I thought, ‘I guess my time doesn’t count.’ What I needed was enough notice to make my own plan.”

1. What actually happened? Use the words or action you observed.

2. What did I take it to mean? What part am I still guessing about?

3. What mattered to me, and what could I ask for next time?

If you decide to bring it up

“When ___ happened, I took it to mean ___. Is that how you saw it? Next time, would you be willing to ___?” Give them room to describe the moment from their side.

You can keep this page private. Naming what mattered can help even if you decide to leave the conversation for later.

For a more in-depth look at how to build trust and connection in your relationship, explore Building Trust and Connection, my 10-week, self-paced course.

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