Handout: Help me out!

Conflict Sheet

Please fill in the table with 3 conflicts that you were involved in, in the last three days.

Example

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| --- | --- | --- | --- |
| Subject | People involved | What happened? | Trigger word(s) |
| Washing dishes | My partner and I | My partner accused me of being untidy by saying:  “You always leave a pile of dirty dishes in the sink for days!” | Always |
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