Centered Connections
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Cooling Down Conflict Cheatsheet

Prioritize your relationship today!

First, calm yourself down

This is the only way to have a productive conversation!

- ☐ I removed myself from the situation, took deep breaths, and calmed myself down
- ☐ I reminded myself that my partner is someone that I love and care about and that this relationship is a priority
- ☐ I thought about what bigger relationship pattern this fits into
- ☐ I reminded myself that my partner is someone that I love and care about and that this

Second, own your part

You can't expect your partner to take responsibility if you won't... Knowing your part allows you to make changes instead of feel helpless

- ☐ I took some time to think through what my role is in this pattern
- ☐ I thought through and was able to figure out WHY I take on this role
- ☐ I figured out what I was looking for and needing in this dynamic

Third, communicate and connect

Vulnerability is key to intimacy

- ☐ I used "I" Statements
- ☐ I conveyed MY ROLE in the dynamic and WHY I take it on
- ☐ I avoided blaming my partner or telling him/her what s/he did wrong
- ☐ I explained what my triggers were and what I need in this dynamic

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Your Guide to Having a Life and Relationship you Love!
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