



After-Action Review

Any given disagreement/fight has the potential to make things worse or better.

What makes the difference?

The following skills can make disagreements more collaborative. With these skills, disagreements can become the foundation for greater emotional connection, problem solving and evolution of your relationship.

Look at the following descriptive sentences and rate yourself on each one of them with respect to your last disagreement with your partner. Use a scale of 1-10, with 1 meaning "not at all" and 10 meaning "total agreement," and put your score in the box to the right of each statement.

1	I described the problem without blaming my partner or making them wrong.	
2	I stayed curious and asked questions about my partner's concerns.	
3	I consistently recapped what I was hearing.	
4	I was clear about expressing what I wanted.	
5	My partner will say I was clear in describing what I wanted.	
6	I was clear explaining why my concerns were important to me.	
7	My partner will say I was clear explaining why my concerns were important.	
8	I was clear about stating what this problem symbolized or represented to me.	
9	I was I clear about what the problem symbolized or represented to my partner.	
10	I kept my voice tone and volume in check to avoid triggering my partner.	



11	I communicated to my partner that I am clear on the price my partner will have to pay to give me what I want.	
12	My partner believes I am committed to making it easier for him or her to give me what I want.	
13	My partner would say I am making it easier for him or her to give me what I want.	
14	I believe I have the will to learn and apply the insights and skills necessary to create better discussions when we disagree.	
15	My partner would say I have the determination to apply the insights and skills necessary to create better discussions when we disagree.	

After you complete this checklist, swap forms with your partner to see what you can learn about each other. Reflect on what you can do differently in the future. Where will you focus your attention to improve next time?