

CONFLICTS WORKSHEET

EARLY UPSETS

Conflict 1: _____

Life is _____
I am _____
I Feel _____
Relationships are _____
People are _____
I Must _____
I Need _____

Conflict 2: _____

Life is _____
I am _____
I Feel _____
Relationships are _____
People are _____
I Must _____
I Need _____

Conflict 3: _____

Life is _____
I am _____
I Feel _____
Relationships are _____
People are _____
I Must _____
I Need _____

RECENT UPSETS

Conflict 4: _____

Life is _____
I am _____
I Feel _____
Relationships are _____
People are _____
I Must _____
I Need _____

Conflict 5: _____

Life is _____
I am _____
I Feel _____
Relationships are _____
People are _____
I Must _____
I Need _____

Conflict 6: _____

Life is _____
I am _____
I Feel _____
Relationships are _____
People are _____
I Must _____
I Need _____