



Post argument reflection framework

ANALYSIS OF OTHER

‘You never really understand a person until you consider things from their point of view’

We must understand how and why we think, feel and behave the way we do towards EACH OTHER before we can begin to understand how to start making the necessary positive changes to improve the way we communicate with each other.

Below is a framework of questions to help you improve your understanding of the OTHER parent so that you can work more successfully with them, in a shared parenting role.

These questions are designed to help you think differently about the things you and the other parent normally argue about, from their perspective, and what you might do or say to INFLUENCE THEM to think and feel differently about you, and therefore behave in a more positive way towards you.

There is a different guide focusing on YOURSELF, to help you build a better understanding of why YOU think, feel and behave in the way YOU do towards your former partner so that YOU can begin to make the necessary personal changes to improve your share parenting relationship.

It is important that you AND the other parent both complete your own questionnaires and share them with each other, in order to build a mutual understanding and more constructive shared parenting relationship. Feel free to share these with your coach and mediator.

The questions are divided into questions that identify;

- what is causing the other person to react- **The What**
- why you think they react in this way - **The Why**
- how you can positively influence them to think differently about you in order to change the way they feel and therefore, behave towards you, in a more positive way- **The How**

So, here goes:

1.What did we argue about? -‘The dispute’

Q. Our argument was about the fact that..... (X always turns up late/ the children are never ready when X turns up...)

2. What do I think that X say to others, about me?

3.What did I say or do that caused X to react most strongly?

Q. X reacted the strongest when I

4.What does X say to me, when he/she complains about me?

Q. When X complains about me to my face he focuses on.....

5.What do I think X thinks about me?

Q. I believe that X thinks I am.....

6.How would I prefer X to think about me?

Q.I would prefer X to think about me as.....

7.What do I think X feels about me?

Q. I believe that X feels I am.....

8.How would I prefer X to feel about me?

Q.I would prefer X to feel.....

9.How does X behave towards me?

Q.X

10.How would I prefer X to behave differently towards me?

Q.I would prefer X to

11.What would it mean to me if X thought, felt and behaved towards me in the way I would prefer?

Q.If X thought, felt and behaved towards me in a way I preferred, it would mean.....

12.What do I think that I say or do that causes X to think, feel these things about me and behave towards me in this way?

Q. I believe that X thinks, feels and behaves towards me in this way because I...

13. What will I do or say differently that might lead to X thinking, feeling and behaving towards me in a way I would prefer?

Q. To help X think, feel and behave differently towards me, I will.....