



Post argument reflection framework

ANALYSIS OF SELF

'To govern self is to govern the world'

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 to make 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 YOURSELF so that you can work more successfully with the other parent, in a shared parenting relationship.

These questions are designed to help YOU think differently about the things you and the other parent normally argue about and what you might do or say to influence YOUR OWN thinking and feeling about the other parent, and therefore behave in a more positive way towards them.

There is a different guide focusing on the OTHER parent and what you might do or say to influence THEM to think and feel differently about you and, therefore behave differently towards you.

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

They are divided into questions that identify;

- what is causing you to react- **The What**
- why you react in this way - **The Why**
- how you can think differently, in order to change the way YOU feel and behave towards your former partner, in a more positive way- **The How**

So, here goes:

1.What did we argue about? - THE WHAT

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

2. When I talk to others about what has happened, what do I mostly focus on ?

Q. When I talk to others about what has happened, I seem to spend most time talking about.....

THE WHY

3. What is it about what was said or done and/or the way it was said or done, that caused me to react most strongly ?

Q. I reacted the strongest when X

Q. When I think and talk about what X does and/or says, I react so strongly because I believe that

Q. When I think about and talk about what X does and/or says, I react so strongly because I feel

4. When I react so strongly, what might I be protecting myself from ? (further hurt, guilt, shame, anger...)

Q. When I react so strongly, it could be because I am protecting myself from.....

THE HOW

5. How would I prefer to think, feel and behave differently towards X ?

Q. I would prefer to.....

MY MOTIVATION

6. What would it mean to me if I could think, feel and behave in the way I would prefer towards X ?

Q. If I could think, feel and behave in the way I would prefer to, it would mean so much to me because.....

7.How would I prefer to think, feel and differently about myself, when in conflict with X ?

Q. I would prefer to think/feel (more assertive/confident..).....

8.What would it mean to me if I could think and feel in the way I would prefer about myself, when in conflict with X ?- My motivation

Q. If I could think/feel in the way I would prefer to, it would mean

9.What will I think or do differently to feel differently about what X says or does ?

Q. When X next does or says the things that cause me to react the strongest I am going to..

10. What will I think or do differently to feel differently about myself when X says or does ?

Q. When X next does or says the things that cause me to react the strongest I am going to.....