Navigating Friction in Relationships Worksheet

Watch the full video related to this topic here.

Journaling Questions

1. What's an area in your life where there is a conflict or friction because you and another party hold two different ideas of what the right thing is – the right way to do something, the right way to act, or the right answer? (If this is your first time doing the worksheet, choose a moderate conflict – not a super intense or loaded one for you – to work with. You can always go back and work with a more significant issue later once you are familiar with the process.)

2. What is it like to be in this struggle? What does it feel like? (For example, you may notice it feels constricting, lonely, fraught, overwhelming.)

3.	Let's explore what happens if you drop the argument about what's right, and assume each individual can have their own truth about the situation. What is your truth around this situation?
4.	What is your deeper truth, the one underlying the one you wrote about?
5.	What is your guess about their truth? (Of course it's always a guess, because we don't know exactly what they are thinking and feeling.)
6.	How might you rephrase their truth if your wording of this had to reflect that they were doing the best they can with what they know and the capacity they have?

7.	Let's go back to your truth. How much permission have you given yourself to hold this as your truth?
8.	What feelings come up if you imagine holding this truth on your own – with the other party not coming along with you in agreement or validation of it?
9.	If that feels very separate or lonely for you, how can you find support for yourself? Maybe that looks like compassionately supporting yourself as you try out trusting your own truth even if others aren't convinced of it. Maybe it looks like finding connection with the other person even in the midst of your differences. Often this comes from connecting around the underlying intention – i.e. we both want the best for our kids, we just have very different ideas of what that looks like. Or, we both want the property line dispute to get resolved, but we have very different ideas of how to resolve it. You can name and steep in connection around the underlying shared intentions.

10. What does it look like for you to fully honor your truth? What behaviors, boundaries, or new ways of thinking would support honoring this truth?
11. How does it feel to be in this place, of knowing you and the other party both have distinct truths, and you get to find your own ways to honor your truth? How does this framing feel different than the right vs. wrong conflict you started with?
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