

Argument Worksheet

Your point of view in argument:

Does the other person have a legitimate grievance? Even if not in original argument, in what followed. In other words, how are you in the wrong?

Be clear what the real issue is. Is what you're arguing about on the surface the real problem?

If you don't find their argument valid, expand your view. Is there something in their life that is making them feel this way? Can you try to understand it?

Are you sure you understand their point of view? Are you 100% sure you're not attributing emotions to them that they're not feeling?

Name three ways you can express your anger in a *healthy* fashion. What should you avoid?

Name as many ways as you can that you can make amends.