

Argument Worksheet

Step back, consider another perspective, and decide what comes next.

Your point of view in argument:

Does the other person have a legitimate grievance? Even if not in the original argument, in what followed.
In other words, what could you have handled differently?

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?

What are some constructive next steps you can take?
(Consider what you can do differently, what you want to communicate, and what—if anything—you need from the other person.)