



Sort Myself Worksheet

SORT MYSELF

Purpose: To prepare myself to share what's true for me in a healthy and responsible way

1. In one minute or less, describe the situation.
2. As you think about that situation, what are you feeling? (Frustrated, concerned, nervous, etc.)
3. What do you really want with this person or in this situation? (the big want)
4. If your next conversation could move you toward that, what would you want out of that conversation?
5. What are some of the facts you are focused on?
6. What are some of the stories you are making up?

7. What are you now aware you want out of the next conversation? (Intent)

8. What do you want to focus on? (Content)

9. Are you open to having this conversation? If yes, by when?