



**Offense**

What was the Event? (Agree on the same event)

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**Assumption**

Your perception, right or wrong. (Your perception will be different from your mates)

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**Reaction**

How you responded based on your perception. (Your reaction will be different from your mate)

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When you said or did \_\_\_\_\_

It made me feel \_\_\_\_\_

My assumption was \_\_\_\_\_

I reacted by \_\_\_\_\_

## **Common Topics of Conflict**

- Time Spent on Electronics & Social Media Use
- Discipline or Treatment of Children
- Household Duties & Chores
- Time Spent at Work or Out with Friends
- Annoying Habits
- Lack of Time Together
- Disrespectful or Harsh Communication
- Intimacy
- Money
- Holidays and Vacations