



WORKSHEET

The Same-Fight Worksheet

Most recurring fights aren't really about the topic — they're a loop the two of you fall into under stress. Fill this in on your own (each partner can do their own copy). The goal isn't to assign blame; it's to see the pattern from the outside, together.

The fight, on the surface — what does it usually look like?

What tends to trigger it?

My move — what I typically do (pursue, criticize, go quiet, get sharp, leave...)

Their move — what they typically do in response

Underneath my move, what am I really feeling or afraid of?

What do I actually need in these moments?

One thing I could try differently next time



Try this:

Name the cycle, not the person — “we’re doing the thing again” lands very differently than “you’re doing the thing again.” Make the pattern the shared problem.