

Worksheet: Overcoming Blame and Criticism Checklist

This short questionnaire is designed for both of you to fill out individually so that you are aware of how you deal with conflict with each other.

Self-awareness is the first step toward growth and turning things around.

Complete each statement below on a scale of 1-10 to describe yourself when there is blaming and criticizing between both of you.

0 means you never do this. 10 means you do this all the time

When we have conflict, I tend to:

1. ___ Disengage and take a time out to calm down and reflect.
2. ___ Think through or write down my feelings and thoughts about what happened.
3. ___ Dig deeper to discover why I got triggered.
4. ___ Identify the criticizing or blaming language I used when I reacted.
5. ___ Invite a conversation to share my experience and listen to my mate's experience so we can start solving the problem as partners.

- **Add your numbers** _____
- Is this what you want your number to be? _____
- If the answer is no, what will be your first step to bridge the gap from where you are to where you want to be? _____

If you would like support to have a conversation about getting clarity about your first step together, I am encouraging both of you to consider scheduling a **free, complimentary consultation** at <https://calendly.com/jessemelva/complimentary-call> to explore taking that next step together.

As Dr. Maya Angelou says, "When we know better,, we do better".

Let's get clear on that first step together.



Warm regards,

Melva Johnson

Cofounder, The Johnson Relationship Institute for Couples