Did I get that right?

A two-turn listening sheet for an everyday disagreement

Choose a small topic you both want to discuss. Take one turn each. Use the lines if writing helps, or just speak. Either person can pass or stop at any point.

Try it with Saturday plans

“When our dinner plans change, I want a quick heads-up.”

“Do you mean you want us to keep the original time?”

“The time can change. I just want to know before I start cooking.”

“Got it. The notice matters more than the time.”

First turn

Speaker “One part of this that matters to me is …”

Listener “I heard that … Did I get that right?”

Speaker “Yes” or “The part I would change is …”

Switch roles

Speaker “One part of this that matters to me is …”

Listener “I heard that … Did I get that right?”

Speaker “Yes” or “The part I would change is …”

Where would you like to leave it?

Choose together, or simply finish here.

☐ Leave it here ☐ Come back later ☐ Try one small step

Honest Little Apps

For another private practice, explore UnFight for iPhone.

Read the accessible web version