

Communication Reflection Prompts

Staying Anchored in Conflict

Sometimes we get stuck because we don't know what to say-or even what we're feeling. Use these prompts to reflect without blaming, understand your emotional needs, and stay vulnerable, even when you feel triggered.

Reflection Prompts with Writing Space

- *When this happened, I made up the story that...*

- *What I'm really needing right now is...*

- *I got activated because this reminded me of...*

- *What I wanted to feel was understood-not fixed.*

Communication Reflection Prompts

- I'm noticing I feel ____, and I think it's because...

- I'm scared that if I say this, you'll think...

- A part of me feels angry, but underneath that is...

- I'm trying to figure out how to say this without shutting down...

- What I wish I could hear from you right now is...

Communication Reflection Prompts

- *This brought up an old pattern I'm working through...*
