

# Argument Log & Learning Sheet

Use this sheet after an argument to reflect without blame. The goal is to notice patterns, capture what worked, and decide what to try next time.

Date	Trigger (What set it off?)	How I Reacted	What Helped (Even a Little)	What I'll Try Next Time

## Reflection Prompts

- What patterns do you notice when you look at several entries?
- What triggers show up most often?
- Which strategies have helped the most so far?
- What small change could make the biggest difference next time?