

WORKSHEET 11.4: ROLE DISAGREEMENTS OR DISPUTES

Having a baby can change your relationships with other people for the better or the worse. Do you have problems with another person that affect your mood? Do these problems, conflicts, or arguments contribute to your feeling sad?

Feelings: What are your feelings about this person?

Thoughts: Think about conflict(s) you had with this person over the past week

- How does the conflict affect the way you view yourself?
- How does the conflict affect how you view the other person?
- How does the conflict affect the way you view the world?

People: Think about the person you are having problems with

- What are his/her good points? What are his/her bad points?
- How do you think he/she sees the problem? (Try to understand his/her point of view even though you may not agree with it)
- Is there a solution where you both get something important that you want?

Behaviors: When you have a problem with this person, how do you behave?

- Is this how you usually behave when you have problems with others?
- When you have problems with this person, how does he/she behave?
- Could you do anything to help shape the situation into one that is healthier for you?
