

Conflict and Repeating Arguments



What happened right before the argument started?



What am I actually reacting to here?



Have we had this exact fight before, just dressed up differently?



How does it usually escalate once it starts?



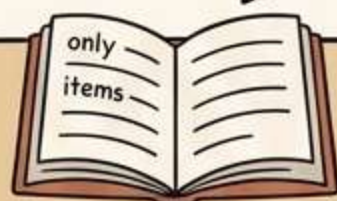
What did I actually contribute to this?



Where did I get defensive, and why?



What could I do differently next time this comes up?



What do I know for certain happened?



What am I assuming they meant by it?



What else could explain their behavior, one that has nothing to do with me?

