

**REVIEW / RESOURCE 12**

# Conversation Review and Progress Log

Compare predictions with events and decide what to practise next.

Name / reference: \_\_\_\_\_ Date: \_\_\_\_\_

Review a conversation briefly and fairly. Separate what you controlled from the other person's reaction. Look for evidence, effort and learning rather than replaying every sentence. You can notice something to improve while also acknowledging that you expressed a need. Use another copy for each practice if helpful.

**WORKED EXAMPLE**

Prediction: "They will be angry if I decline." What happened: they looked disappointed, then asked someone else. My action: I said no clearly without blaming. Learning: disappointment was uncomfortable, but I could tolerate it. Next: use the same wording for another small request.

**START HERE**

**Which conversation am I reviewing? Date and situation:**

**What did I predict, and what did I want to communicate?**

**What did I actually say or do?**

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Compare predictions with events and decide what to practise next.

Name / reference: \_\_\_\_\_ Date: \_\_\_\_\_

**A HELPFUL REMINDER**

Aim for a few minutes of useful reflection. Repeatedly searching for the perfect wording can become another way to criticise yourself.

**PRACTISE IN YOUR OWN WORDS**

**What did the person actually say or do? What remains unknown?**

**What went well in clarity, respect, listening or boundaries?**

**What was difficult, and what would I adjust?**

**What did I learn about my prediction or belief?**

**One next practice step and when I will review it:**