

Issue Processing Worksheet

What is the issue?

What outcome are you seeking?

How are you feeling?

How do you believe the other person is feeling?

Issue Processing Worksheet

How do you want the person to feel processing this issue?

How do you want to feel processing this issue?

What will you do to ensure the other person feels seen, heard, and cared for?

What can happen if you do not address this issue in a timely manner?

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What is the old story around this issue?

What can the new story be around this issue?

What does an aligned outcome look and feel like?

How can healthy boundaries help you in dealing with this issue?

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What actions do you need to take?

What will you do if you don't reach the outcome you desired?
