

The Internal Work of Togetherness

- Think of a time you were with someone very different from you in ways that are challenging for you.
- Use this worksheet to make sense of your experience, and prepare for similar experiences like this that may be coming in the future 😊

Description of Situation

As neutrally as possible, describe the nature of the difference between you and this other person. Try to keep your interpretations out of this part.

Your Inner Experience

What was happening inside of you as this was unfolding?

- a. What thoughts did you have? (Imagine if you don't remember)

- b. What needs are your thoughts pointing to? What deeply important values are you trying to serve or going to bat for in this situation?

- c. What do you wish would happen in this situation? What's your preferred outcome?

- d. What deeper needs of yours are informing your preferred outcomes? In other words, if you got your way, what needs would be met?

Putting Yourself In Their Shoes

Looking back, what's your best guess about what was going on for this other person in your situation?

- e. What might have been challenging for them about you? (e. g. your beliefs, your desired outcomes, etc.)

- f. Can you imagine, as that person, what they might be thinking about you?

- g. Assuming these are, indeed, their thoughts, guess what needs this other person has that lead to these thoughts?

- h. What do you imagine they want? What is their preferred outcome?

- i. What needs of their would be met by their preferred outcomes?

Togetherness

Think about all the needs you have guessed at for both people, together. Find the place in you that cares about each of these needs. Imagine that the other person cares about all of them too. What shifts in your inner experience when you imagine holding all that matters to both of you together with this other person?

Mutual Outcomes

What next steps can you imagine now, that could work for both of you?

FAUX NEEDS

These are often not true needs, but rather strategies in disguise.

Wanting more...

- **Control** is often a strategy to get more safety, security, predictability etc.
- **Time, Money, Space** are often strategies that help us get more freedom, choice, inner peace, self-connection, autonomy, sustenance, well-being etc.
- **Venting** is often a strategy for empathy, connection, understanding, to be known or seen or heard etc.
- **Approval or Attention** is often a strategy for being known, seen, acknowledged, connection, safety, belonging etc.