



SORT MYSELF WORKSHEET

1. In one minute or less, **describe the situation.**
2. As you think about that situation, **what are you feeling?** (Frustrated, concerned, nervous, etc.)
3. In an **ideal world**, what I might like with this person or situation is...
4. If your next conversation could move you toward that, **what would you want out of that conversation?**
5. What are some of the **Facts** you are focused on?
6. What are some of the **Stories** you are making up?
7. Now that you've done some sorting, what do you see really matters to you with this person or in this situation? (**Why**)
8. What do you want to focus on or accomplish most in the next conversation? (**What**)
9. Are you **willing to have this conversation?** If yes, by when?