

Allies in Change Journal

Name Example Today's date 3/21/24 Date of event 3/17/2024

1. Event/situation My wife, Cindy, and I got into an argument over finances. I feel she spends too much. She insisted the purchases were necessary.
2. Physical intensity signs got warm, jaw tighter, restless
3. Behavioral intensity signs spoke faster, got loud
4. Emotions anxious, discouraged
5. Highest intensity during situation 8
6. Intensity at beginning of situation 2
7. What else contributed to my intensity prior to the situation We have had this discussion multiple times before. I also grew up very poor and the thought of that scares me.
8. Negative self-talk She doesn't care. We're going to end up broke and homeless.
9. Abusive/controlling behaviors Yelling, interrupting her.
10. What did I want to make the other person do, feel, or think To spend less.
11. Beliefs that justified my abusive/controlling behaviors There's a right way and a wrong way. Since I make more of the income, I should have more of a say in it.
12. How did my abuse/control affect the other person(s) She got defensive, discouraged, and felt unsupported by me.
13. How did my abuse/control affect others who were present The kids got somewhat uneasy and anxious. One offered to give me their allowance to help out.
14. What role did my past abuse/control of that person play in this situation She's already quite anxious about talking about finances. She often gets anxious making purchases if she thinks I won't approve, even if it's a needed purchase.
15. What did I gain from my behavior I got to share my concerns.
16. What did I lose from my behavior Closeness with my wife. A chance to work it out in a way we both felt good about.
17. What did I want and need in this situation To not feel worried about our finances.
18. What did the other(s) want and need in this situation To be able to make purchases she feels are necessary and to feel supported by me in doing that.
19. Positive self-talk I had or could have had She didn't spend that much. She's doing the best she can.
20. Non-controlling/non-abusive beliefs There is more than one right way to manage money. We are partners—I'm not the boss of her.
21. What did I or could I have done to appropriately meet my needs I spoke up. I could have realized this was less about what she did and more about my fears around finances.

22. What did I or could I have done to address the needs of others I didn't really address her needs. I could have listened better and acknowledged her decision. I could have owned my fear rather than blame her behavior for it.
23. Did I make repair and how I apologized later that night, but I could have done a better job.
24. My experience of the situation:
I feel anxious
when there are unexpected purchases
I would like to understand the reasons
and I will realize that sometimes more money needs to be spent than expected.
25. What, if anything, I would like to do differently next time Realize more quickly how sensitive I am about finances and not take out my anxiety on her. Listen and try to understand her thinking. Remember that we're on the same team.