

15. **What did I gain from my behavior?** How did you benefit from being abusive and controlling?
16. **What did I lose from my behavior?** How were you negatively affected by being abusive and controlling?
17. **What did I want in this situation?** What were your goals, wants, and needs in the situation? (See Chapter 19: Learning to Take Care of Yourself)
18. **What did the other person want in this situation?** What were the other person's goals, wants, and needs in this situation?
19. **Positive self-talk:** What did you think to keep yourself calmer? What *might* you have thought to keep yourself calmer? (See Chapter 15: Becoming Aware of Your Thoughts)
20. **Nonabusive/noncontrolling beliefs:** What general beliefs do you have about the world that can help you respond without becoming abusive and controlling? (See Chapter 15: Becoming Aware of Your Thoughts)
21. **How did I appropriately meet my needs?** What did you do to take care of yourself? If you didn't, note that. (See Chapter 18: Learning to Self-Soothe; Chapter 19: Learning to Take Care of Yourself; Chapter 23: Learning to Communicate Effectively; Chapter 24: Learning Conflict-Resolution Skills)
22. **How did I consider the needs of the other person?** What did you do to take into consideration the other person? If you didn't, note that. (See Chapter 21: Learning to Regard Others)
23. **My experience of the situation:** This sketches out the key things to keep in mind about the situation.
- I feel:** Put one or more emotions here about how you felt about the situation. (See Chapter 16: becoming Aware of Your emotions; Appendix E: Emotions)
- When:** Briefly describe the specific situation.
- I would like:** Write what you want and need.
- And I will:** State what you intend to do to get what you want.
24. **What, if anything, would I like to do differently next time?** How could you have handled yourself better? What is your plan for how you want to behave differently going forward?