

# Low-Intensity Conflict Worksheet

*For couples who shut down, go quiet, intellectualise, or disappear when things get emotionally close.*

This is **not** for deep processing. It's for keeping the door open.

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## Before You Start (Non-Negotiable)

- Keep answers **short** (one or two sentences max)
- No analysing each other
- Stop if either person feels overwhelmed or numb

The goal here is contact, not catharsis.

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## Step 1: What Happened? (30-Second Version)

**Partner A** - Situation (one sentence):

**Partner B** - Situation (one sentence):

If this turns into a paragraph, you're avoiding something.

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## Step 2: What Did I Feel? (Pick, Don't Explain)

Choose up to **two**.

Annoyed  Hurt  Stressed  Dismissed  Flat  Defensive  Tired  Irritated  Anxious

Intensity (0-10):

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## Step 3: What I Needed (Plain and Simple)

No backstory. No justification.

"In that moment, I needed \_\_\_\_\_."

Examples: - reassurance - space - clarity - to matter - calm tone

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## Step 4: One Thing I Did That Didn't Help

Keep it factual. No self-flagellation.

"One thing I did that made it harder was \_\_\_\_."

If your answer is "nothing," that's avoidance talking.

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## Step 5: One Thing I Can Acknowledge About You

This is **not** an apology contest.

"One thing I can acknowledge is \_\_\_\_."

Examples: - "You were trying to explain." - "You looked overwhelmed." - "You didn't raise your voice."

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## Step 6: One Small Repair

Small means **actually doable**.

- One sentence I can say next time:
- One behaviour I can try (even imperfectly):

If it feels uncomfortable but manageable, you're in the right zone.

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## Step 7: Close It

Avoidants need endings.

Circle one: - We're okay to stop here - Let's come back to this later - We need help with this

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## Final Note

If you're emotionally avoidant, conflict doesn't feel dangerous — it feels *exhausting*. This worksheet isn't about emotional depth. It's about staying present long enough that distance doesn't quietly do the damage instead.

Short. Contained. Done.

(Yes, it may feel awkward. That's the point.)