

Checking Out Reality

In order to prevent “Jumping to Delusions”

1. Describe the **DATA** (behavior, words): *“When you came home late on Tuesday...”*
2. State your assumption or **“story”**: *“I assumed that it wasn’t important to you to be home for dinner, and that I wasn’t important to you.....”* (ALWAYS be tentative with your story – it’s just your story!!)
3. Check it out! Ask an open-ended question. *“What was your experience?”*
4. **LISTEN**

CHECK OUT YOUR STORY – BE CURIOUS!

In order to prevent “Intention Invention”

1. Describe the **DATA** “When you said _____.”
2. State the **assumed intention**. “It felt like you were putting me down....”
3. Check out **intention**. “Was that your intention?”
4. **Share Impact** – if any. “When you say _____, I feel afraid to share my real self with you.”
5. **LISTEN**

INQUIRE ABOUT INTENTION, SHARE IMPACT