

Self-Awareness & Interpersonal Communication Worksheet

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Basic Traits (examples: introvert, extrovert, social butterfly, animal lover)

Strengths (examples: patient, loving, confident, organized)

Challenges (examples: possessive, insecure, flash temper, anxiety)

Known Landmines

Identify situations and events that will likely bring up anger, sadness, insecurity, jealousy

CunningMinx and LustyGuy of Polyamory Weekly podcast put together a great list of questions to ask yourself about common relationship landmines that you may encounter - <http://polyweekly.com/2014/06/pw-397-relationship-land-mines/>

Triggers *aka* How to Help me Hear You

Identify events, behaviors that incite a direct and specific reaction in you
(example: Grasping both my wrists triggers me because of previous sexual abuse)

How will you respond when you are triggered?

(example: I will disassociate, have difficulty talking, need time alone in a bed or blanket nest)

Complete each sentence 3-4 times with different options to help your partners, family, friends understand how to help you when you're unable to communicate your needs in the moment.

I need () when I am angry.

I need () when I am feeling insecure.

I need () when I am sad.

I need () when I am feeling lonely.

I always feel calmer when I ().

When I am () I feel happy.

When I () I feel powerful.

Love Languages

Identify which Love Languages you use to express your love and receive love using the quiz available on www.5lovelanguages.com

Apology Languages

Identify which Apology Languages help you feel more comfortable resolving your feelings towards someone who has hurt you using the quiz available at www.5lovelanguages.com/profile/apology