

clarity**Point**coaching

The You spot it You got it Worksheet

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The person who is hurting, offending or bothering me is...

Write your name here...

List all the things this person does which hurt, offend or bother you and why they do them.
List the issues and faults this person has too...

Judges other people without all the facts

Doesn't respect how other people feel

Rewrite each thing from the left side on this side but flip each statement so it is now about you... (Is it still true? How?)

I judge without all the facts

I don't respect how other people feel

What do you wish they would do different to show up better for you...

What can you do different to show up better for them...