



What was the trigger or reason for the behavior of the other person in this situation?

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Which assumptions did I make in this situation? And when I look back at these assumptions, are they really true?

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What was NOT said in this situation?
Which underlying tension was not addressed?

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What is the underlying need of the other person, beyond the behavior?

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Can I see the difference between who the person really is on the one hand and their behavior on the other hand?

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What do I wish for the other person?

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Why was the behavior of the other person in that situation the best way to take care of themselves?

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How would I react if I knew that the other person received bad news that morning (a sick child, parent that passed away, being fired, ...)?

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What if this person (unconsciously) protected something that was valuable to them? And what could that be?

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What do I reject in the relationship with the other person?

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Which other path towards happiness than mine is the other person pursuing?

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What would happen if I would postpone my opinion or judgment regarding this situation?

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What did I do consciously or unconsciously that contributed to this situation?

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In what way is the behavior of the other person a protection against pain from the past?

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Did I voice my needs or boundaries clearly or did I assume the other person knew them?

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Did I REALLY listen or did I make assumptions?

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If the other person voices criticism, is that about:

- a) A longing for beauty, harmony or improvement of the situation
- b) Blowing off stress

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Is the tension between the other person and myself really related to us?

Or is it about other people or practical issues from the present or the past?

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Did I give my full attention to the situation ?

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Am I aware of the REAL needs or boundaries of the other person regarding this situation?

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