Conflict - Scenarios

A team member avoids you after a disagreement.	Someone publicly dismisses your idea during a meeting.	You hear secondhand that someone is upset with you.

Conflict - Fix

You always make things harder than they need to be.	Why can't you just act like an adult?	This is your fault — you started it.

Conflict - Listening

I felt embarrassed by how things went in that meeting.	I’m trying, but I feel like nothing I do is enough.	I’m not sure you really understand why I’m upset.

Couples - Scenarios

One partner feels rushed or dismissed during conversations.	Miscommunication about responsibilities leads to resentment.	One partner worries the emotional connection has faded.

Couples - Fix

You never think about my needs.	You always make everything about you.	If you really cared, you'd know what I need.

Couples - Listening

I’ve felt lonely in our relationship lately.	I get overwhelmed when we argue and I shut down.	I want us to feel close again, but I don’t know how.

Unforgiveness - Scenarios

A friend apologizes but you still feel hurt.	A long-standing offense keeps resurfacing.	Someone close to you doesn’t understand how deeply they hurt you.

Unforgiveness - Fix

I’ll never get over what you did.	You don’t deserve another chance.	I’m done pretending everything is okay.

Unforgiveness - Listening

I want to forgive, but the pain still feels fresh.	I feel stuck between moving on and holding on.	I’m afraid this will always be between us.