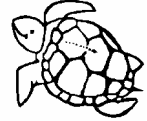


# Restructuring Frustration Dialogue Checklist

## 1. Make an appointment. No surprises

**2. Receiver Prompt:** “State your frustration in one or two sentences only.”  
**Sender** State your frustration.  
**Receiver** Mirror the frustration. “I’m ready to hear your frustration fully.”



**3. Receiver Prompt:** “State the trigger behavior you saw that drew your attention to your frustration.”  
**Sender** State the trigger behavior.  
**Receiver** Mirror the trigger (T).

**4. Receiver Prompt:** “So when I did (state trigger (T)), what you felt was ....”  
**Sender** State the feelings, the emotions (angry, frustrated, frightened, etc.).  
**Receiver** Mirror the feeling (F).

**5. Receiver Prompt:** “So when I did (T), and you felt (F), what you did, how you reacted was ....”  
**Sender** State the reactive behavior(s).  
**Receiver** Mirror the behavior (B).

**6. Receiver Prompt:** “So when I did (T), and you felt (F), and you reacted by (B), what hurt you so much was ....”  
**Sender** State the hurt(s).  
**Receiver** Mirror the hurt (H). Pull once, if no hurt is mentioned. “So what hurt so much about that is....”

**7. Receiver Prompt:** “So when I did (T), and you felt (F), and you reacted by (B) and your hurt was (H), what your fear was ....”  
**Sender** State your anticipated fears(s).  
**Receiver** Mirror the Fear (AF). Pull once if no fear is mentioned. “So what you fear is going to happen is....”

**8. Receiver Prompt:** “So when I did (T), and you felt (F), and you reacted by (B), and you hurt (H), and you fear (AF), what this reminds you of from childhood is....”  
**Sender** Find in your memory a specific recollection and explore it outloud in detail.  
**Receiver** When partner finishes, use childhood memory (CM) to **Validate** the T, F, H, AF as much as possible. **Empathize**. So I see your sense that when I did T it reminded you of CM and thus you would feel..., hurt ....., and fear .... etc.

**9. Receiver Prompt:** “So what could I do magically to fix this fear or hurt once and for all?”  
**Sender** State global, magical, childlike wish(s). State in absolutes “forever, always, never, etc.:  
**Receiver** Mirror the Global Request.

**10. Receiver Prompt:** “Give me three behavior change requests.”  
**Sender** State three BCRs. Negotiate them to be SMART.  
**Receiver** Write down three BCRs exactly.

**11. Receiver** Select one. State what you are going to do and state it as a gift.

**12. Sender** Say “Thank you, and that will reduce my fear of \_\_\_\_ and make me feel ....”  
 State wound.

**13. Receiver** Say “You are welcome. Giving you that will help me change my resistance to \_\_\_\_\_ and grow \_\_\_\_\_” State briefly what in you makes it difficult to do what you are gifting your partner with. “I have to be responsible. I have to be patient. I have to be gentle.” etc.