

EXERCISE: *Reflection: Preparing for Honest Expression*

Use the steps below to help reflect on conversations in which you and your partner are having difficulty connecting. Reviewing past conversations and translating them into giraffe is a helpful way to cultivate giraffe consciousness, thus preparing you for future interactions. Choose a time twice this week to complete a journal entry using this format.

1. Choose a specific part of the difficult interaction to focus on. Write what you and your partner said. This is the observation so be as specific and accurate as you can.
2. List any judgments, interpretations, and analyses you have of yourself, your partner, or the situation. Write down any Jackal Honesty you expressed verbally to your partner. (Jackal honesty has feelings and needs underneath and can help give you clues about what's in your heart).
3. Complete the following table:

Your Feelings	Guess at Your Partner's Feelings
Your Needs	Guess at Your Partner's Needs

4. Requests / Actions: What would you like to do or request based on your needs and the needs of your partner in this situation?