

WB 8.5 — Blank Conflict Protocol

Use with Chapter 9 (*The Repair*) and Chapter 14 in the manual, Chapter 8 in *Shoulder the Bill*.

Reproducible template — photocopy this page and reuse as often as you need.

Purpose A second conversation, prepared the same way. The protocol is per conversation, not per relationship.

How to use this page

When: Prepare while calm, before the conversation. If you flood partway through, use the pause line and return.

Done when: You have written the issue as observable facts, a first-person statement with what you need, and the part of their perspective that is true.

Anchor Phrase: *‘Repair the connection. Protect the relationship.’*

Loop stage: Act → Connect → Recover

The specific issue (observable facts only):

My statement — “When ____, I felt ____” — and what I need:

The part of their perspective that is true:

What I owned, and one sentence to lead with if it recurs:

☐ Self-Reward Loop completed