



WORKSHEET – IMAGO-INFORMED Connection Without Reactivity

Purpose: Awareness of relational triggers + safety

NOT: Conflict processing or partner dialogue

Step 1: Notice Your Body First

When I think about a difficult conversation, my body feels:

- Tight Warm Neutral Heavy Calm

Where do I feel it most? _____

Step 2: Shift From “Fixing” to “Understanding”

Complete one sentence (no explanations):

“What I most want to feel understood about is...”

Step 3: Regulation Reminder

Connection begins when:

- I slow down
- I feel my body
- I don't have to solve anything yet