



# 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