

My Partner Said What?!! Recognizing Conflict and Responding Effectively

Options Exercise

These two blogs address situations where a relationship with a partner seems stuck (“high-centered”) or worse (“going sideways” or “upside-down”).

Often, it can be helpful to think ahead about possible options, leaving yourself as much flexibility as possible. The key is to think ahead without narrowing your thinking so much that you lose the ability to be creative later when you might need to be.

Think about a partnership where one or more of your partners might be stuck in some bad habits and likely to say something at your expense or that could cause problems for the project. Answer the following questions as briefly or in as much detail as you want, keeping the partner firm in your mind and abstract in your notes:

- 1. What opportunities do you have to set expectations INTERNALLY about what partners might say?**
- 2. What might you say internally? (jot down a few bullet-points)**
- 3. What opportunities do you have to set expectations EXTERNALLY about credit you give to partners?**
- 4. What might you say externally? (jot down a few bullet-points)**
- 5. If you were to hear about a partner saying something that could cause problems, what 2-3 things do you want to remind yourself to do first? (bullet-points)**
- 6. If you were to need a BATNA, what 1-2 things do you want to remind yourself to consider? (bullet-points)**