

## Your Name:

## LaL ABC-CHECK™ PREP



Important: Remember that this tool only works if you are genuinely curious to expand your perception of reality. If you use this to confirm your fears/conclusions/pinch, or because part of you wants to be right, it will just reinforce the unproductive dynamic.

### \*Mandatory step

1. \*Intention to introduce your ABC (e.g., “May I clarify something with you?”)

2. What do you want clarification on?

<b>A.</b> * Describe as a camera would record, while acknowledging your memory could be inaccurate. “I <u>heard</u> you say...” / “My perception was that you did...”	<b>B.</b> Share any thoughts that would help the other person empathize. Make sure to over emphasize that it is your interpretation. “When [A], the story I told myself...”	<b>C.</b> Share any emotions/ actions you had that may help the other person empathize. Make sure to over emphasize that it is a consequence of your interpretation. “When I have these thoughts, I tend to...”

3. \*Question that is as open as possible (e.g. “Would you help me expand/challenge my thinking?”)