

When You Snap at People You Love

Look honestly at the sharpness that lands on the people closest to you.

WHEN TO USE THIS

Use this after a week where the people at home got the worst of you.

Think back over the past few days.

WHO	WHAT I SAID	HOW THEY LOOKED

Why them and not other people? What makes it safe to let go around them?

Safe is not the same as fair. Both can be true.

What do you want them to know about what has been going on with you?

How close do you feel to them right now?

0	1	2	3	4	5	6	7	8	9	10
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Far apart

Close

Being hardest on the people nearest you is common. It is also worth fixing, and it can be.