

NOVEMBER 2026 JOURNAL WORKSHEET

Questions for Reflection

Find a quiet spot, make a cup of tea, and keep your Nebraska Borealis close. Take these questions one at a time. The first three help you get clear on what the conversation is for. The last two help you stay on course once it starts.

1

WHAT A GOOD OUTCOME LOOKS LIKE

What would a good outcome of this conversation look like for me?

THINK

- If this went well, how would I feel walking away?
- What would be different a week from now?
- What would “good enough” look like if it isn’t perfect?
- Is this something I can ask for, or something I’m hoping they’ll offer on their own?

EXAMPLE “A good outcome is that we leave with a plan for splitting the bills that we both agreed to, and nobody slams a door.”

2

NAMING THE PURPOSE

Am I looking for a solution, an agreement, a negotiation, or to be heard?

THINK

- Is something not working that I want us to fix together?
- Do I need us both to commit to something going forward?
- Do we each want something different, and I'm looking for a middle we can both live with?
- Do I need them to hear me, whether or not anything changes right away?

EXAMPLE *"I need my sister to hear how much I've been carrying since we moved Mom into assisted living. I'm not asking her to fix it yet."*

3

THE ONE SENTENCE

If I could say only one sentence, what would it be?

THINK

- What's left when I cross out the history and the extra examples?
- Can I say it in one breath?
- Does it state the outcome I want from the conversation?
- If it doesn't, what do I need to cut or add?

EXAMPLE *"I want us to split the bills evenly starting in January."*

What usually pulls me off course when a conversation gets heated?

THINK

- Do I bring up the past?
- Do I raise the stakes with an ultimatum?
- Do I start arguing to win?
- What's one return line I can say out loud to bring it back?

EXAMPLE *"As soon as I feel dismissed, I start listing everything that's gone wrong since we moved in together."*

What do I need to remember when anger or pride starts to take over?

THINK

- How do I know I'm getting heated? My face, my voice, my hands?
- What am I protecting when my pride kicks in?
- What would it look like to pause before I push?
- What do I want to still be true when this conversation is over?

EXAMPLE *"I need to remember that I love him and I want us to be okay after this, whether or not I get everything I'm asking for."*

Closing Ritual: Nebraska Borealis

After writing your answers, hold your Nebraska Borealis near your throat and read your one sentence from question 3 out loud, once, in your own words. Then put the stone in your pocket, or set it somewhere you'll see it every day until the conversation happens.