



Blueprint Worksheet 4

The Blueprint: Past Situation

What happened?

Me	Other Person(s)
How did I feel?	How did _____ feel?
What caused my feelings?	What caused _____ 's feelings?
How did I express and regulate my feelings?	How did _____ express and regulate his/her feelings?

What could I have done to handle the situation better?

What can I do now?

What else could I try if this happens again?

Overall, what is the best solution to this problem?



Blueprint Worksheet 5

The Blueprint: Current Situation

What is happening?

Me	Other Person(s)
How do I feel?	How does _____ feel?
What is causing my feelings?	What is causing _____ 's feelings?
How am I express and regulate my feelings?	How is _____ express and regulate his/her feelings?

What can I do now to handle the situation more effectively?

Overall, what is the best solution to this problem?



Blueprint Worksheet 6

The Blueprint: Future Situation

What is the upcoming challenging situation?

Me	Other Person(s)
How might I feel?	How might _____ feel?
What might cause me to feel this way?	What might cause _____ 's feelings?
How might I express and regulate my feelings?	How might _____ express and regulate his/her feelings?

What could I do to handle the situation as best as possible?

Overall, what might be the best solution to this problem?