Dr. Shauna Rae

What Happened Here?

PART 1: UNDERSTANDING WHAT HAPPENED

Think of one manageable relational moment that still has some emotional charge.
It can be any relationship. **You will not be asked to share what you write.**

1 WHAT DO I KNOW?

What do I remember happening?
What would a camera have captured?

What was said? _____

What was done? _____

What wasn't done? _____

2 WHAT HAPPENED INSIDE OF ME?

What did I feel or experience?

hurt	unimportant
rejected	powerless
embarrassed	lonely
afraid	overwhelmed
disappointed	misunderstood

Or write your own: _____

3 THE STORY I BEGAN TO TELL

What did I make it mean?

About THEM? _____

About ME? _____

About US? _____

4 WHAT ELSE GIVES ME INFORMATION?

THE PATTERN
What has actually happened in this relationship over time?

MY STORY
What from my own history might be contributing to how this landed for me?

Sometimes the present touches the past.
Sometimes the present is the problem. Often, it's both.

5 WHAT DO I STILL NOT KNOW?

What am I assuming about their thoughts, feelings, motives, intentions, or experience?
What might I need to ask rather than assume?

MOVE SLOWLY.
Understanding more gives you better information for what comes next.

YOU DON'T HAVE TO SOLVE THE WHOLE PICTURE AT ONCE.
The goal is clarity, not perfection.

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What Does This Hurt Need?

PART 2: DECIDING WHAT COMES NEXT

Now that you've taken time to understand what happened, what happened inside of you, and what you still don't know—**what does this hurt actually need?**

Circle anything that may be true.

- ○ Understanding
- ○ More information
- ○ Ownership
- ○ An apology
- ○ Changed behavior
- ○ A conversation
- ○ A boundary
- ○ Time
- ○ Rebuilding trust
- ○ Forgiveness
- ○ Grief
- ○ Distance
- ○ Acceptance of something I cannot change
- ○ Other: _____

2 WHAT BELONGS TO ME?

What is mine to understand, own, communicate, change, or decide?

3 WHAT DOES NOT BELONG TO ME?

What am I trying to control, carry, fix, or take responsibility for that actually belongs to someone else?

4 KNOWING WHAT I KNOW NOW, WHAT IS MINE TO DO NEXT?

What is one faithful next step I can take?

Healing in relationships
isn't about getting it perfect.
It's about staying present,
taking responsibility for our part,
and choosing *repair*
over *protecting the story*.

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THANK YOU FOR TAKING THIS TIME.
You're taking a step toward more clarity, more capacity, and more intentional connection.

YOU ARE NOT ALONE IN THIS.
Growth happens one honest step at a time.