

Post-Conversation Reflection Sheet

Strengthening Your Authentic Communication Practice

How to Use This Tool

Use this worksheet after:

- A meaningful conversation
- A conflict
- A boundary-setting moment
- Or anytime something feels unresolved

Reflection builds skill. The goal is not to judge yourself. The goal is to refine your alignment over time. Take 5–10 minutes while the conversation is still fresh.

Part 1: Replay with Clarity (Not Criticism)

1. What was the conversation about?

(One clear sentence.)

2. What emotion was most present for me?

- Calm
- Anxious
- Defensive
- Hurt
- Frustrated
- Clear
- Overwhelmed
- Other: _____

3. Did I express what truly mattered to me?

- Yes
- Partially
- No

If partially or no, what did I hold back?

Part 2: Alignment Assessment

4. Where did I stay aligned with myself?

- I spoke clearly
- I avoided blame
- I set a boundary
- I didn't over-explain
- I stayed calm
- I listened
- I paused when triggered
- Other: _____

Describe briefly:

5. Where did I step out of alignment?

- I softened my truth
- I became reactive
- I shut down
- I over-justified
- I tried to control the outcome
- I avoided saying something important

What happened?

Part 3: Growth, Not Guilt

6. What would I say differently if I could revisit this conversation?

7. Do I need to follow up or clarify anything?

- No
- Yes, and I'm willing to
- Yes, but I need time

If yes, what would I clarify?

Part 4: Self-Respect Checke

8. Complete this sentence:

“Regardless of the outcome, I respect myself for _____.”

And if it was difficult, try this sentence:

“One thing I can improve next time is _____.”

Closing Reminder

Authentic communication is a practice. You will:

- *Speak imperfectly.*
- *Miss things.*
- *React sometimes.*
- *Learn continuously.*

Integrity is not about flawless delivery. It's about returning to alignment, again and again. Growth happens in reflection, not in self-criticism.