



COMMON GROUND
BY INFINITY INTELLIGENCE

A FIVE-SENTENCE CONVERSATION RESET

The Argument Reset

Use this when the conversation is stuck - not to win, but to reconnect.

BEFORE YOU BEGIN

Pause if either person is too activated to listen. Choose a specific time to return.

1

WHAT HAPPENED

What happened was...

2

THE STORY IN MY HEAD

The story I started telling myself was...

3

WHAT WAS UNDERNEATH

What I felt underneath that was...

4

WHAT I WANT UNDERSTOOD

What I need you to understand is...

5

ONE USEFUL NEXT STEP

One next step that would help is...

KEEP THE GOAL SMALL

Aim for one clearer next step - not a perfect conversation.

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