

Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



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Check Your Arrows

Vicky's question has caught me thousands of times: is your focus pointed inward or outward? This page is a one-week experiment, not a character exam. Inward arrows aren't a failure; they're human. The work is noticing.

Think of the last conflict or tense moment you had with someone you love. Walk it back honestly:

What I was protecting in that moment: _____

What winning would have cost the relationship: _____

What an outward arrow would have looked like instead: _____

The shift from me to we doesn't happen once, so for one week, pick a single recurring moment, like the first conversation after work, or the moment a request interrupts what you're doing, and just notice which way your arrows point. No fixing yet. Tally marks are enough:

My chosen moment: _____

Days I noticed inward: _____

Days I chose outward: _____

What made the difference on the outward days: _____



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Optional AI prompt: *I'm working on noticing whether my focus points inward or outward during conflict. Here's a recent situation: [describe it]. Ask me three questions that would help me see what the other person was experiencing, without telling me I was wrong.*



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