



The Attunement Read: Client Worksheet

ROUND 1: YOU ARE THE LISTENER (PARTNER B)

Instructions: Your partner is reading his House of Mirrors reflections to you. Do not speak. Do not nod along. Do not relate. Observe him. Read what is happening underneath his words.

After he finishes, answer these three questions privately:

1. What is the core emotion he was feeling while sharing?

(Not what his story was about. What was he experiencing in his body and emotions while saying it out loud to you?)

2. What was the hardest thing for him to say?

(What moment did you notice a shift in his voice, his body, his eye contact, or his pace?)

3. What does he need most right now?

(Not advice. Not a solution. What is the emotional need underneath what he just shared?)

ROUND 1: YOU ARE THE READER (PARTNER A)

Instructions: You just read your House of Mirrors reflections out loud. Before your partner shares what he observed, answer these three questions honestly:

1. What were you actually feeling while sharing?

2. What was the hardest thing for you to say?

3. What do you need most right now?

THE ACCURACY CHECK

After both partners reveal their answers, note the result:

| Question | Accurate | Missed | How He Missed (Projected / Went Surface / Froze) |
|----------------|----------|--------|---|
| Core Emotion | | | |
| Hardest to Say | | | |
| What He Needs | | | |

ROUND 2: SWITCH ROLES

(Repeat the exercise with roles reversed. Use the space below.)

As Listener: Your three answers about your partner:

1. Core emotion he was feeling while sharing:

2. Hardest thing for him to say:

3. What he needs most right now:

As Reader: Your three honest answers:

1. What you were actually feeling:

2. What was hardest to say:

3. What you need most right now:

ACCURACY CHECK (ROUND 2)

| Question | Accurate | Missed | How He Missed (Projected / Went Surface / Froze) |
|----------------|----------|--------|---|
| Core Emotion | | | |
| Hardest to Say | | | |
| What He Needs | | | |

INTEGRATION

My biggest attunement failure pattern is:

(Circle one: I PROJECT / I GO SURFACE / I FREEZE)

At home, this shows up as:

The three questions I will ask myself before responding to my partner:

1. What is she actually feeling right now?
2. What was hardest for her to say?
3. What does she need from me in this moment?

