

RULES

1) Take turns being the leader of this dance. Only one speaker (TAN) and listener (GO) at a time.

2) Be brief when you're the speaker.

3) Don't try to solve the problem. Just work to understand the other person's perspective, feelings and hopes for the issue.

4) If either of you feel emotionally flooded, take a break and cool down.

5) Affection, valuing statements and tender touch is needed. Being positive will make the conversation go well.

TELL what happened
directly and briefly

AFFECTED me
it affected me.... (feelings)

NURTURING and
valuing statement

GET it? Reflect what's heard
to make sure you understand

OBERVE
how this conversation is
affecting you both right now

FOR

COMMUNICATION