



A SLOW TANGO

I JUST WANT TO BE HEARD

While it's "just a tool" it's a really useful one



Hopeful couple

"I am just trying to say how I feel" says a wife. "She isn't listening to me anyway, why try?" says a husband.

Both are trying to figure out how to communicate so the partner will understand. Two people are talking at once, and no one is understanding.

The TANGO intervention is a tool designed to help **slow down** conversation and ensure it is infused with **understanding**.

1. Take turns being the leader who is speaking. Only one speaker at a time.
2. Be brief when you are the speaker.
3. Don't try to solve problems. Slow down and 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 are needed. They communicate more than words.

5 steps to TANGO

Speaker: TAN

Listener: GO

T

Tell what happened.
Directly and briefly.

A

This Affected me (explain
your emotions)

N

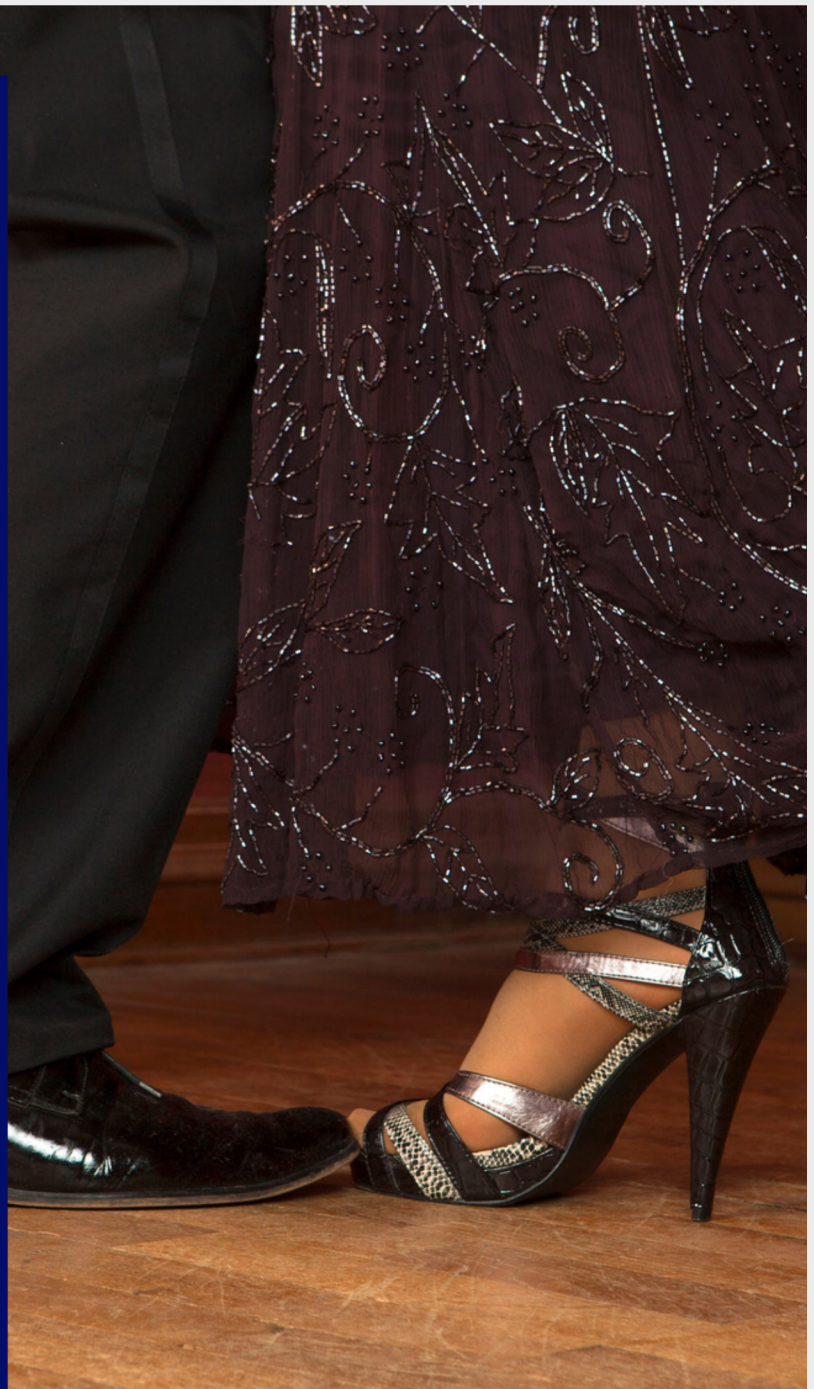
Nurturing Statement. Say
something valuing and
loving about your partner.

G

Get it? Summarize what
you just heard to see if you
get it.

O

Observe the conversation.
Is there a sense of
understanding and care
between you?



*"Dance is the
hidden language
of the soul"*