




Convey Support

*Express your wish for their well-being,
even if you don't know what to do.*

When people trust they and their needs and concerns are genuinely cared about, they are less likely to pressure and demand things from others.

In feeling cared for, they will instead be more likely to calmly ask you and others for support and more open to finding alternate ways of getting what they desire.

 *I really want you to have the _____ (love/respect/appreciation/etc.) that you need.*

(Pause.)

I'm hoping that we can find a way I can support you in that, that is also authentic and satisfying for me.

*I care about you and truly want you to be _____
(happy/at peace/etc.).*


(Pause, feel and show this with your eyes.)



Express without Blame

*Directly express yourself and be heard,
without blaming, criticizing, or demanding.*

You are offering the other person a gift through your honesty; an opportunity to be of service in the world by hearing and being supportive to you.

 *Right now, I am feeling _____*

(share an emotion, such as worried, sad, or hurt, which does not imply it is their fault Pg.14)

...because I am needing /valuing _____.

(Share a need that is not dependent on their words / actions, such as trust, safety, honesty, teamwork Pg.15).

Would you be willing to reflect back (tell me back) what you are hearing is important to me about this (my feelings and needs)?

If they begin defending or explaining, reassure them that you are not trying to blame them and ask if they can just hear and reflect back your stated feelings and needs.



Peace Pause

Use a time-out to prioritize both the relationship and peace.

When our interactions become heated with rising frustrations, over-talking, criticism, or accusations, we can best care for ourselves and the relationship by taking a “Peace Pause.”

🗣️ *Excuse me, can we take a “Peace Pause?” I am noticing that we are interrupting each other/raising our voices and I’m guessing neither of us is feeling heard. I’d like to take a ten minute break, then return to this conversation with more patience and openness.*

Calmly walk out of the room or building.

🔄 During the time-out, avoid distracting yourself with tasks. Compassionately consider what each of you truly needs in the situation. If extremely triggered, repeat to yourself and envision as you breathe, “When I breathe in, I breathe in Peace...When I breathe out, I breathe out Love.” Return to the conversation with a caring statement and readiness to listen, or ask to extend the time-out if needed.



Uncover the Growth Opportunity

Reveal your own growth edges that have been obscured by your focus on the other person.

- 🌀 How do you wish the other would act or feel differently? If they did or changed as you wished...
 - what is it that you get to avoid looking at or dealing with in yourself?
 - where would you avoid having to grow?
 - how might that prevent you from the necessity / opportunity to develop more strength or maturity?

Think of this as a formal announcement for a highly challenging and rewarding job. If you were to refocus on your own reactions and step into the inner work presented by this growth opportunity, how would that benefit you in your life?

- 🗣️ Share with the other person any part of this self-awareness you are willing to.