

THE COUPLES GUIDE TO HEALTHY COMMUNICATION CHECK-IN & CHILL

SCHEDULE A GOOD TIME TO TALK

Yes, talk to your partner ahead of time to find out when they are available, able to focus and have emotional capacity



GET GROUNDED

Grounding and mindfulness practices will help you stay present and feel more connected. Use your five senses to get into your body and feel relaxed and calm in this Check-in & Chill.

THE STUFF

Time to say the reason you wanted to talk. Make sure to use 1) Observations without Criticisms 2) Feelings using 'I' language 3) Clearly expressing your needs 4) Making specific requests for change

R.E.V. (REFLECT, EMOTE, AND VALIDATE)

Use expressions like 'I heard you say...', 'I can understand why you feel that way', and 'did I get that right?' This lets your partner know you were really listening.

SOLVE AND SWITCH (OR STOP TO CLOSE)

Now that you really understand your partner's perspective you are ready to solve the issue! Repeat the above steps as many times as needed. End the session with some kind of closing ritual like a hug or dance party.

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