

Give It One More Chance

Choosing a Proper Frame

Week 5

Is the upset about an issue OUTSIDE the relationship?

- Yes → Engage in a Stress-Reducing Conversation
No → Engage in a CPS (long or short version) or a Repair Dialogue

As a couple, are you new to CPS?

- Yes → Engage in a CPS (long version)
No → Engage in a CPS (short version) or a Repair Dialogue

As a couple, are you well-versed in CPS and this is a gridlock issue?

- Yes → Engage in a Gridlock Conversation
No → Engage in CPS (long or short version) until CPS is well-practiced

As a couple, are you well-versed in CPS and this is a decision-making issue?

- Yes → Engage in a Compromise Conversation
No → Postpone until CPS is well-practiced