

Give It One More Chance

# Exercise K

Week 5

## Warming Up For the Set-Up

Find an hour you can spend with your partner without interruption.

Decide between the two of you who will be the Talker and who will be the Listener. You will switch it around at the halfway point.

The Talker (A) turns to the Listener (B): “Are you available to visit my world? (China). Before Talker (A) asks this, he/she must make sure that they are emotionally regulated. **DO NOT ASK FOR A VISIT TO YOUR WORLD IN AN ESCALATED STATE!** Wait until you are calm and moderate.

The Listener (B) says in the thought bubble in his/her head (NOT outloud!): “Oh, Shit and Oh, Yay!” The “Oh Shit” part is that my partner is in trouble and needs my help. I need to get to work. The “Oh Yay” part is that I am going to have an opportunity to get to know my partner better. Make a thorough list of your self-soothing techniques.

The wise Listener (B) then says: “Yes!”

Talker (A) then asks: “When is a good time for you?”

Talker (B) then does a body scan (with a breath) to check for emotional presence. He/she must make sure that they are emotionally regulated. **DO NOT VISIT YOUR PARTNER’S WORLD**

***IN AN ESCALATED STATE!*** Wait until you are calm and moderate. It is better to say “How about tonight over dinner or after the kids are asleep?” Than it is to say “Now” and be half-assed. You want to make sure you are emotionally available, not triggered, not drunk, not too tired, not in a hurry and can be generous.

A time to have the visit to China is finalized.

Both Talker (A) and Listener (B) takes a few moments to prepare for the visit with mindset work. This is done quietly in one’s self.

### **Mindset Work for Visitor:**

1. Put up your boundaries.
2. Customer Service
3. Love
4. Generosity

### **Mindset Work for Visitor:**

1. Respect your partner.
2. Give him/her a good tour of your world.

After the mindset work, the Listener (B) flies on over to China and says, “Hello.”

### **MIRRORING**

The Talker (B) begins to talk with the following prompt:  
“A time in our relationship when I felt most connected to you was ...”

Say a few sentences then pause.

Listener (B) then MIRRORS back exactly what the Talker said. The sentence prompt is:

“What I heard you say was ...”

Do not fancy it up. Do not interpret it. Use as many of the same words that the Talker (A) used.

When the Listener (B) feels done, check it out with the Talker (A): ‘Did I get you?’ Notice it is not “Did I get it?” Or “Did I get it right?” It is not a test.

The Talker (A) says “yes” or “no” or “you got some of it or a lot of it.” - (Always best to lead with generosity.)

If “no” or “you got some of it,” The Talker (A) then clarifies or restates what the Listener (B) did not get.

Go back and forth until Talker (A) says that Listener (B) got him/her.

Listener (B) then asks: “Is there more?”

Talker (A) says a few more sentences about the positive memory. Go into depth about the scene, feelings, who said/did what, etc. The more details, the better.

Go back and forth with “Did I get you?” And “Is there more?” Until the scene feels fleshed out, usually about 3-4 rounds. I have found that most people need to push themselves to go deeper.

### **VALIDATION**

Listener (B) then validates Talker (A)

The sentence prompt is: “It makes sense to me that you picked that memory because ...”

Listener (B) speculates. Hint: go back to your partner’s childhood story. His/her unmet needs and old pain points will have something important to do with the choice of memory.

When Listener (B) feels done, he/she follows it up with: “Did I get you?”

Talker (A) says “Yes” or “No” or “You got some of it.”

Listener (B) asks: “Is there more?”

Talker (A) then fills in the gaps that Listener (B) missed regarding why it makes sense.

Listener (B) mirrors that back until Talker (A) feels gotten.

### **EMPATHY**

Listener (B) then shows Talker (A) empathy by stating: “I imagine in that moment, you felt \_\_\_\_\_.” Listener (B) speculates by picking a few feelings from the feeling list.

Listener (B): “Did I get you?”

Talker (A): “Yes” or “No” or “You got some of it.” “I also felt \_\_\_\_\_.”

Listener (B) then mirrors those back and asks if there are more feelings.

When finished with Empathy, the Talker (A) then thanks the Listener (B) for visiting. Again, go from manners to feelings. Listener (B) expresses feelings as he/she gets ready to fly back to his/her home country.