

# Give It One More Chance

## Healing for Backlog

### Week 7

Do your set-up to be in the other's country.

Then, take the following steps FOR EACH INCIDENT (avoid attacking, blaming and criticizing!) -

#### TALKER -

Report Subjective Facts (Video Tape)

What made yourself think about it ...

What made yourself feel about it ...

How it has impacted your relationship since ...

#### LISTENER -

Mirrors and Validates (that makes sense to me because ...)

Owens all can

Expresses regret/remorse

Asks - what do you need from me now and going forward to heal from this?

Responds with generosity

#### TALKER -

Appreciates the Listener's generosity

