

Give It One More Chance

Stress Reducing Conversation

Week 5

Speaker:

Talks about what is/was stressful and the associated feelings

Listener:

Shows genuine interest with eye contact and clarifying/deepening questions.

Do not judge your partner's emotions! There is not a right and wrong way to be.

Be an ally to your partner! Don't side with the enemy. Show empathy. "Us against the world!"

Communicate understanding. Validate ("It makes sense to me that you feel ...")

Provide affection and comfort.

Ask your partner what he/she needs? Advice? Space to vent? Comfort? Etc. Don't assume you know. And don't jump in with solutions before doing feelings first and then asking if he/she wants your advice.