

Name It



Before reacting, pause and identify what is happening.

Try saying:

- "This is bringing up some hurt for me."
- "I'm feeling vulnerable."

Perspective

Ask yourself:

- Could there be another explanation?

If you are giving feedback:

- Be gentle.
 - Be specific.
- 

Choose Curiosity

Instead of assuming intent, get curious.

Try asking:

- "Can you help me understand what you meant?"
- "What was going on for you in that moment?"
- "Can you tell me more about that?"

Remember

Your Partner Is Not Your Past.

Ask yourself:

- Is this reaction only about what is happening right now?
- Could an older hurt be influencing how I'm feeling?

Repair



Repair might sound like:

- "I can see how that hurt you."
- "That wasn't my intention, but I understand the impact."
- "Can we try that conversation again?"
- "I'm sorry."

RSD:
COUPLES

