

COMMUNICATION THAT HONORS ONE ANOTHER "REFLECT, VALIDATE, EMPATHIZE"

SHARING PARTNER

Asks for time to share heart

Shares heart in short paragraphs

Shares more of their heart (if there is more).

Continue sharing using the above process until feeling "heard."

Affirms or lovingly corrects.

Affirms or lovingly corrects.

LISTENING PARTNER

Grants time ASAP (within 24 hours unless there is an urgent matter preventing it!)

Puts on good boundary, turns off their own movie, crosses the bridge into the other's world

Reflects back "What I hear you saying is ..." and asks if there's more

Reflects back and asks if there's more ... if so, reflect .

When there is no more, or when there have been three or four reflections, then take a step further into their world.

"After listening, it makes sense to me that ... " (Share your ah-ha .. or something that "clicked.")

"I can imagine you must feel _____ ... (Walk a mile in their shoes ... guess how they feel, and fill in the blank with 2-3 "feeling" words).

Asks if there's more.

If so ... reflect!

