

# THE CONSCIOUS WIFE

## VALIDATION COMMUNICATION EXERCISE

### **STEP 1: CODE WORD**

Develop a code word that you can use to notify each other that you are needing to have a structured conversation.

### **STEP 2: DECIDE WHO IS GOING TO START**

This is typically the person that used the code word and has something to discuss.

### **STEP 3: FIND A QUIET PLACE WITH LIMITED DISTRACTIONS TO SIT DOWN TOGETHER**

This step is important as it will help create focus and connection, which will make your partner feel prioritized and supported.

### **STEP 4: PARTNER #1 USE YOUR SET UP STATEMENT**

\*Remember to stick to the script:

"When X happened, it made me feel Y. In the future I am hopeful that Z will happen instead."

\*\*\*Try to stick to the following feeling words: Sad, Hurt, Angry, Frustrated, Worried, Fearful, Ashamed, Embarrassed, Guilty.

### **STEP 5: PARTNER #2 VALIDATE WHAT WAS SHARED**

\*Remember to stick to the script:

"I can understand how when X happened, it made you feel Y. In the future I can agree to do Z. Do you feel I heard and understood what you were trying to say?"

### **STEP 6: PARTNER #1 CONFIRM OR CORRECT**

\*Remember to stick to the script:

"Yes, you heard me correctly and I appreciate your understanding and commitment to working on this with me moving forward."

OR

"No, that wasn't quite right. What I am really saying is..." Repeat step 4-5 until Partner #2 understands and reflects correctly."

### **STEP 7: SHARE AFFECTION AND CONNECTION**

Exchange "I love you's," hugs, kisses, or another physical touch that feels good to both partners.

### **\*\*\*FURTHER INSIGHT\*\*\***

If emotions do not resolve to the point of being able to connect and move on, this may be a sign that an inner-tribe member is needing you. Spend some time alone connecting to your inner-tribe, and give yourself what is needed on a deeper level.