



## **.Aftermath of a fight guidelines**

As you are learning to do this, you may want to bring the written steps into the room as you navigate through the situation. As you get better, or as you are still learning, at minimum you may want to read this over before you begin in order to remind yourself of the goal.

### **Rules:**

The goal of this is not to “win” or “be heard”. The goal is to try to understand your partner’s side. Understanding is not the same thing as agreeing with it. You do not have to agree with what they are thinking or why, you just want to try to understand how they came to feel what they feel or conclude what they have concluded.

Leave the 4 horsemen of the apocalypse out of the room. They are not allowed into the conversation. All they do is damage the relationship, and no one wins. Keep in mind you are not enemies.

Mentally start and stay in a place of balance. Take a few moments to breathe to get centered, and be sure to stay there. If you get flooded, immediately tell your partner and take a break.

“I feel like you...” can be a criticism in disguise, watch out for them...

“I feel like you keep a list of grudges against me in your head” is not a feeling. “I believe you are keeping a list of grudges against me” is the appropriate way to state it.



“I feel like you think I’m the only problem” is not a feeling. I believe you think I’m the only problem” is the appropriate way to state it.

Talk about what you want, not what you don’t like.

Instead of “I don’t like it when you rush me to finish dinner so you can clean up.”

Try

“I would really like it if we could all relax at the dinner table and connect for a bit before you get up and start clearing the table”

Instead of “Don’t come at me yelling about how the sky is falling”

Try

“Please try to talk about your concerns out of a place of emotional balance, I’m triggered when you get triggered”

Remember friend (turn towards) Stranger (turn away) Enemy (turn against)...ALWAYS TURN TOWARD!!!!



## **Step Zero**

Take a moment to mindfully get centered, and “take a careful account” of the situation.

## **Step One**

Choose which person goes first. The first person clearly states their subjective reality without using blame, or criticism. You can use the I feel list as a guide. Name off all of the feelings, and then describe why...Listener is completely silent, they can take notes if necessary

## **Step Two**

Listener says something along the lines of...

“So I hear you saying.....” repeats back in their own words and then “checks in” by saying “Do I understand you correctly?” or “is that right?” or however they want to word it

## **Step Three**

Speaker affirms, or adds to what was missed

## **Step Four**

The listener should ask some explorative questions in order to understand the speaker’s perspective. Examples could include.

What was the worst part about this for you

What do you see as the biggest problem here



What would be helpful for me to do next time

What do you need from me to help you feel better

How could we prevent this from happening again

How can I ease your pain (anger, offense, loneliness, fear, anxiety ect)

What are your beliefs about me, or our relationship that may contribute to the way you are feeling?

What were your triggers in this situation? Where do you think the trigger came from? How can I ease this trigger for you?

**Once the first partner feels understood, repeat steps 1-4 (or 0-4 if necessary)**

### **Step 5**

Take turns owning your part in the conflict. This requires an intentional setting aside of pride, self protection, and defensiveness. It requires humility and an intentional setting aside of pride.

### **Step 6**

Determine one thing each person can work on to improve conflict next time around.