As you go through these steps, it can be helpful to write down your thoughts to help organize and unpack what’s going on for you. Then sharing when the situation is calm.

Stop: What’s going on for You - what do you feel? What are the thoughts circling in your mind? Ground yourself in Right Here/ Right Now - not what has happened in the past or fear of what will happen in the future…. In this moment what is going on for YOU? (Simple and Concise)

Fear: What’s your fear? Fear for yourself- Fear for the relationship? (Simple and Concise)

Open: Empathy piece - What might your partner be feeling right now? How might your partner be experiencing you at this moment? (Simple & Concise)

Risk: What can you risk - Doing/ Saying / Sharing --- to LEAN INTO change and doing something different to create change. Changing your part of the pattern where you get stuck. (Simple & Concise)