

Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner



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Introductions

- Who I am
- Why I'm here
- Why you're here



Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner

Goals for today:

Learn how to approach difficult conversations

- Reflect on past conversations
- Become more aware of your priorities
- Gain insight about setting up successful conversations

Learn how to have more helpful conversations

- Learn what to say to start a difficult conversation
- Feel good about starting new conversations
 - Less stress, anxiety and worry
 - Less avoidance
- Feel better **DURING** conversations
 - Increased emotional safety and trust
- Stay more connected to yourself and your partner



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OUTLINE FOR TODAY

A. Reflections on the past

- What do you know about how it goes when it's hard?
- Aspects that make your conversations HARDER or EASIER

B. What is my highest priority?

- Me
- My relationship

C. Setting a new stage

- Good time to talk?
- What do I need?
- What is the goal?

D. How to begin

- Communication Tool – **Opening a Heart Space**

E. The Future

- Creating a new kind of conversation using discoveries and tools



Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner

A. Reflections on the past

- What do you know about how it goes when it's hard?
- Aspects that make your conversations **HARDER** or **EASIER**
- **Conversation Reflection Worksheet**



Conversation Reflection Worksheet

Here are some aspects that can enhance conversations or make them more difficult.

My approach/tone

My mood

My inner resources (tired, hungry)

Topic

Timing

Location

Environment

Event prior or right after

Now, think of a recent conversation you've had with your partner that didn't go well.

Describe aspects that you believe contributed to this conversation not going well.

Were there any aspects that HELPED the conversation and/or didn't make it worse?

What were you hoping to have happen in this conversation?

Did your partner know this is what you were hoping for? Did you tell them?



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B. What is my highest priority?

- Me
- My relationship



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C. Setting a new stage

- Good time to talk?
- What do I need?
- What is the goal?



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D. How to begin

- *Communication Tool*

Opening a Heart Space



Creating more Peaceful and Satisfying Conversations with your Partner

Opening a Heart Space

Communication Tool

1. Speaker - Recall event or Share topic

- When _____ happens/happened
- When I notice that you _____
- I've been thinking about _____

2. Speaker - Share experience

- I feel _____
- I worry that _____
- I imagine _____
- I remember _____

3. Listener - Attune and respond

- Reflect – I hear you saying...
- Appreciate – It means a lot to me that you...



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E. The Future

- Creating a new kind of conversation using discoveries and tools
- **Future Conversation Worksheet**



Future Conversation Worksheet

Imagine a future conversation on a familiar topic that you hope will go better.

What is the topic?

What do you need?

What is the goal (from your perspective)?

What would be the best possible outcome?

What would it be like for you to have this outcome?

Based on what you've discovered today, why do you believe you have not YET had a successful discussion on this topic before?

With the new tools you've gained, what are 3 things you plan to do differently so you can create a peaceful, satisfying, and connecting conversation?

- 1.
- 2.
- 3.



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Today was a start....

Hopefully, you learned how to:

- approach difficult conversations
- have more **peaceful** and **satisfying** conversations

So, you can:

- Feel good about starting new conversations
 - With less stress, anxiety and worry
 - With less avoidance
- Feel better **DURING** conversations
 - With more emotional safety and trust
- Stay more connected to yourself and your partner



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Continuing the Work

- Tools for connection
- Ongoing, repeated issues
- Differing parenting perspectives
- Clear invitations to eliminate resentment
- Making requests and agreements
- Strategies for challenging moments
- Triggers, trauma, and neuroscience
- Navigating neurodiversity
- and more...



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Thank you!

Questions?

Thank you for being here for...

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Questions?

Email me at robin@RelationshipTherapyMadison.com



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