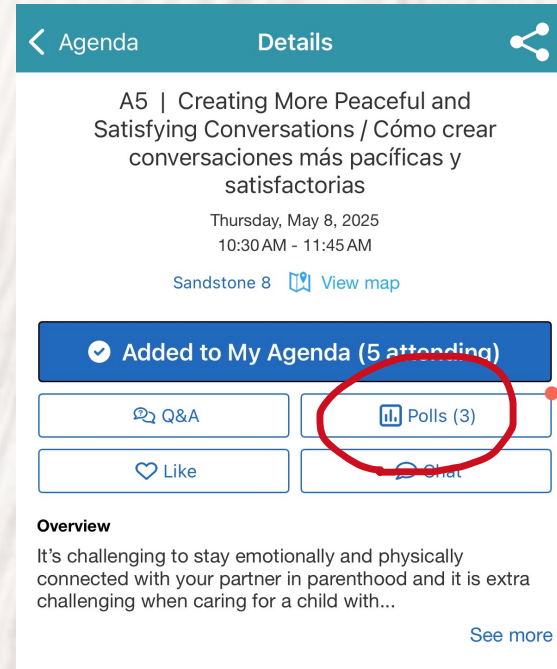




Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner

Welcome!

While you are waiting, you are invited to participate in the **3 Polls** on the **Whova app**





Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner



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Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner

Goals for today:

- ☐ Learn how to **THINK ABOUT** difficult conversations
- ☐ Learn how to **PLAN** for difficult conversations
- ☐ Learn how to **HAVE** more *peaceful* conversations

Bonus information (to support our goals):

- * 2 Relationship Myths
- * Stages of Relationships

Take Home:

- * 4 Communication Cards
- * 1 Communication Planning Worksheet



Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner

Benefits:

- Feel good **THINKING ABOUT** and **PLANNING** conversations
 - Less stress, anxiety, and worry
 - Less avoidance
 - Increased self-awareness and understanding of needs and wants.
- Feel good **STARTING** and **DURING** conversations
 - Increased confidence
 - More grounded and calm
 - More connected to your partner
- Feel good **AFTER** conversations
 - Increased clarity about what was discussed and decided
 - More prepared for having future conversations
 - Greater emotional connection in your relationship



Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner

OUTLINE FOR TODAY

A. Reflections on the past

- What do you know about how it went poorly?
- What might have contributed?
- What did you want that you didn't get?

B. Bonus materials

- Relationship Myths
- Stages of Relationships

C. Setting a new stage

- Consider your **internal** resources and readiness (#6a)
- Consider **external** factors (#6b)
- Take time ahead to assess your own needs/goals (#7)

D. How to begin

- Communication Tool – **Opening a Heart Space (#9)**

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...

I. What happened? What went wrong?

- One or both of us got upset
- We didn't agree
- I didn't feel heard
- Anything else?





Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner

A. Reflections on the past...

1. What happened? What went wrong?

- One or both of us got upset
- We didn't agree
- I didn't feel heard
- Anything else?



2. What caused that to happen?

- Internal Factors
- External Factors





Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner

A. Reflections on the past...

1. What happened? What went wrong?

- One or both of us got upset
- We didn't agree
- I didn't feel heard
- Anything else?



2. What caused that to happen?

- Internal Factors
- External Factors



3. What did you want that you did not get?





Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner

B. Bonus Materials

- Relationship Myths
- Stages of Relationships
- Shifts to the Myths



Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner

C. Setting a new stage

- Consider your internal resources and readiness

#6a



Getting Ready to Talk - internal



#6a – Get Ready to Talk

- First, reflect on your own capacity to talk about this topic.*
- When ready, approach partner, “I’d like to talk with you about _____.”
- “Is this a good time for you?”*

Make sure and your partner are both able to focus and listen to each other.

If it’s not a good time, partner offers an alternate time, and together make an agreement about another time.

*Things to consider

- Am I hungry? tired? rushed?
- Am I emotionally regulated?
- Is my mind full, busy, or open?
- Is my heart shut or open?
- Am I ready to hear a differing perspective?
- Am I ready to talk about this subject? Also, *consider what you might need to be ready.*



Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner

C. Setting a new stage

- Consider your internal resources and readiness

#6a



Getting Ready to Talk - internal

- Consider external factors

#6b



Getting Ready to Talk - external



#6b – Get Ready to Talk

External Considerations

- First, reflect on internal considerations, see **#6a Get Ready to Talk**
- Consider the following factors, when thinking about where to have your conversation.
 - Timing – what time, duration, sequence (before/after) other events
 - Location/Position – sitting/standing/driving,
 - Environment – how loud, people around, privacy


Select a time and place that ensures you and your partner can focus and listen to each other



Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner

C. Setting a new stage


- Consider your internal resources and readiness

#6a  Getting Ready to Talk - internal

- Consider external factors

#6b  Getting Ready to Talk - external

- Take time ahead to assess your own needs/goals

#7  **What do I need when I'm sharing with my partner?**



#7 – What do I need when I'm sharing with my partner?

- Reflective listening
- Problem solving
- Venting/empathy
- Exploring questions
- Thoughts
- Sympathy
- Encouragement
- Reminders about strengths
- Hand off problem to partner
- Review prior event or challenge with partner
(See **Opening a Heart Space** card.)
- Other _____

Before you share:



1. Ask yourself what you need (above)
2. **Get Ready to Talk** (see card)

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Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner

D. How to begin

- Speaker uses communication tool
#9  **Opening a Heart Space**
- Listener uses communication tool
#9  **Opening a Heart Space**



Creating more Peaceful and Satisfying Conversations with your Partner

Opening a Heart Space (#9)

Communication Tool

1. Speaker – Recall event or Share topic

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

2. Speaker – Recall event or Share topic

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

3. Listener – Attune and respond



- Attune – gaze, nod, touch, etc.
- Reflect – I hear you saying...
- Appreciate – It means a lot to me that you...

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Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner

D. How to begin

- Speaker uses communication tool
#9  **Opening a Heart Space**
- Listener uses communication tool
#9  **Opening a Heart Space**
- Pay attention to requests and their answers
- Summarize any decisions that are made



Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner

E. The Future

- You are creating amazing conversations using these new 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.



Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner

Today was a start....

Hopefully, you learned strategies to:

- Feel good about PLANNING conversations
- Feel good about STARTING conversations
- Feel good DURING difficult conversations
- Feel good AFTER difficult conversations

So, you can have more **peaceful and **satisfying** conversations**

- With less avoidance, stress, and worry
- With greater clarity and confidence
- With a sense of competence and calm



Creating More Peaceful and Satisfying Conversations with Your Spouse/Partner

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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Questions?

Thank you!

Thank you for being here for...

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Questions?

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