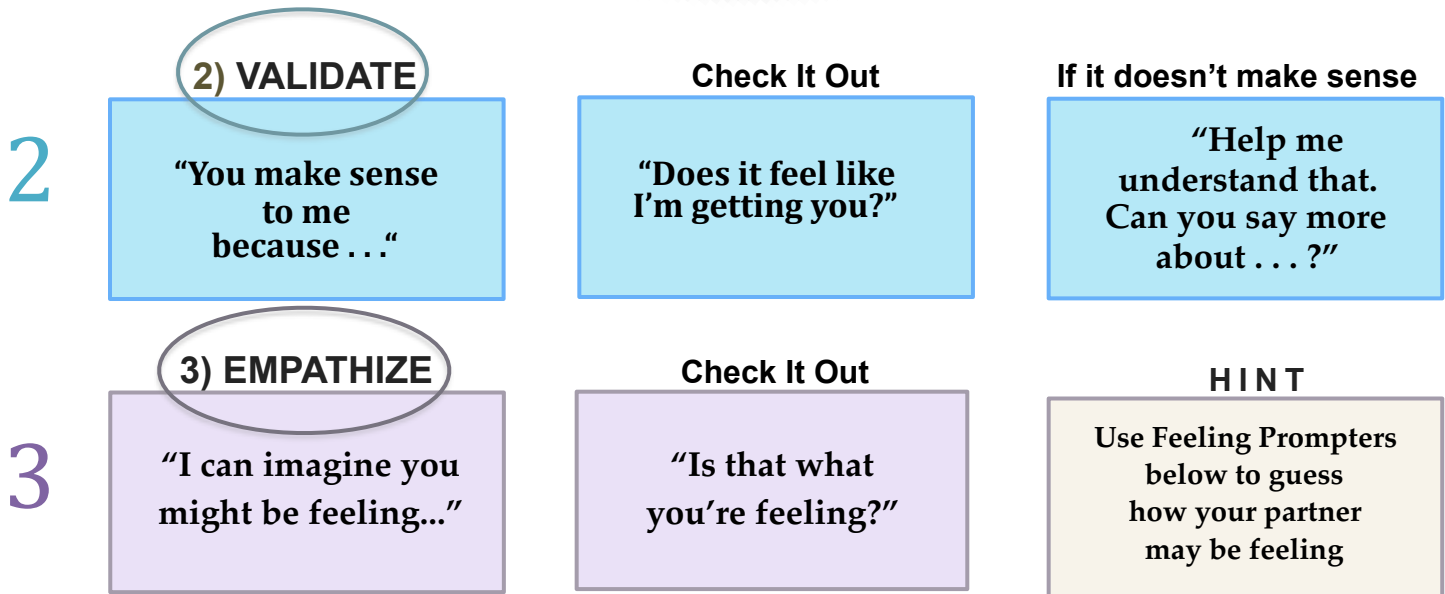
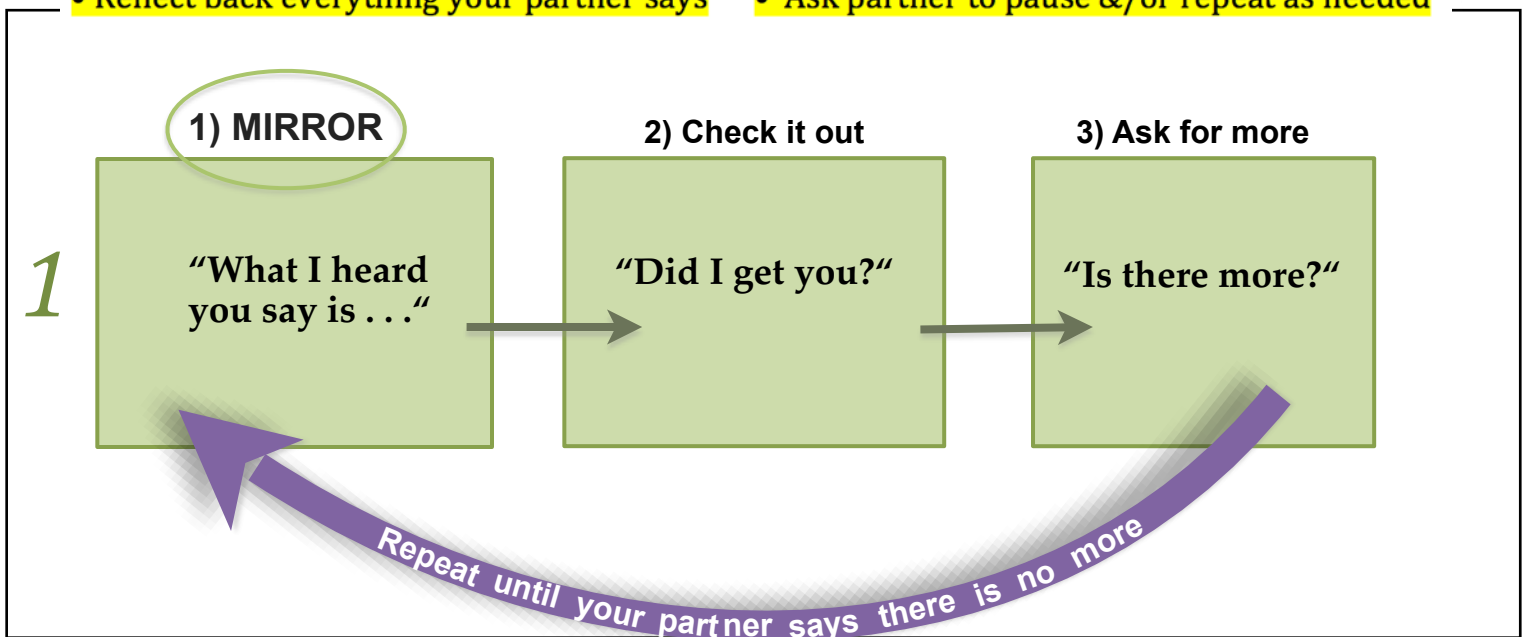


The Couples Dialogue

The Receiver Flowchart



- Reflect back everything your partner says
- Ask partner to pause &/or repeat as needed



NEGATIVE FEELING PROMPTERS

frustrated	sad	rejected	overwhelmed	betrayed
irritated	anxious	abandoned	unheard	cheated
angry	helpless	lonely	discounted	guilty
hurt	hopeless	alone	invisible	embarrassed
criticized	insecure	controlled	unloved	humiliated
attacked	scared	pressured	confused	ashamed
depressed	neglected	trapped	manipulated	enraged