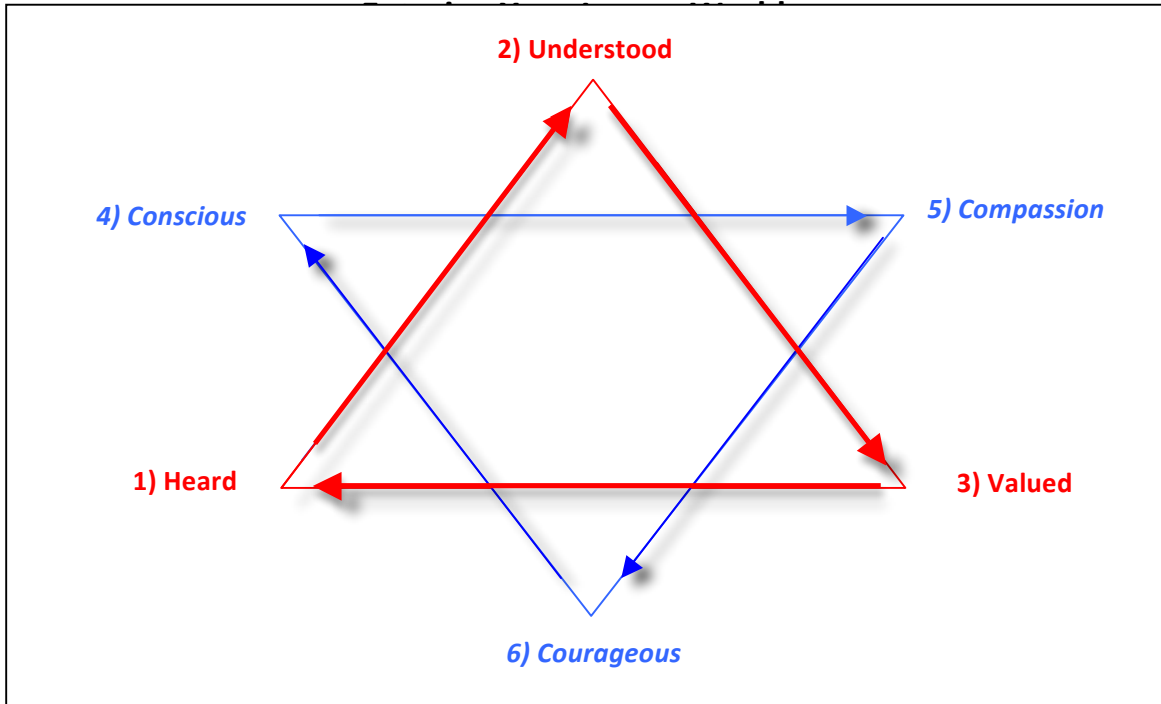


Can You Hear Me Now?



PURPOSE:

TO: give couples a model about communication that is a simple way of looking at a complex subject. To help you **enter your lover's world** and have **them enter your world**...

SO THAT: they can see what went wrong when communication goes off track... and where to focus so they can bring it back on track.

- Lovers feel empowered when they understand what went wrong when their communication falls apart and feel confident about getting things back on track.
- Both parties feel heard, understood and valued.

INTENDED OUTCOME:

METHOD:

Review this model and look over some past upsets. Which of the six parts were missing? The more past situations you review, the more familiar you become with the model and the more useful it becomes. Do the practice exercise below.

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Entering Your Lovers World...

The 6 Parts of the Communication Star Defined:

The LISTENING TRIANGLE (To ENTER THEIR WORLD) first, start with the end in mind. If you want someone to feel VALUED, they need to feel UNDERSTOOD. For someone to feel UNDERSTOOD, they need to feel HEARD.

- 1) **HEARD**: here it's not good enough just to say "I heard you" or "I got it". It's best to feedback what you think you heard and make sure they "get it" that you "got it"
- 2) **UNDERSTOOD**: once your lover "gets it" that you "got it" that you have entered their world, they feel understood. **REMEMBER**: Understanding doesn't equal agreement.
- 3) **VALUED**: once someone feels heard and understood, without judgment, they feel valued. After that happens there is space for them to hear, understand and value what you have to say.

The SPEAKING TRIANGLE (To Have Them ENTER YOUR WORLD). It IS "WHAT YOU SAY" and it's also "HOW YOU SAY IT".

- 4) **CONSCIOUS**: being conscious here means understanding that what someone hears is often very different from what you say. And that what someone thinks they heard is more important to them then what you think you said.
- 5) **COMPASSIONATE**: to meet someone where they are with empathy and compassion.
- 6) **COURAGEOUS**: to be powerfully vulnerable, to speak from your heart, to express what you are feeling and needing, ending with a clear request.

Exercise part one: 1st write down several conflicts, upsets or arguments you have had, the more resent to better.

1) _____

2) _____

Next write down which part was missing in each situation?

1) _____

2) _____