

# CONNECT for Couples

## Practice the CONNECT every day (You leading)

- 10 - 20 minutes a day find a time where you are both available and feeling capable of being attentive to each other.
- Avoid late at night or when either is distracted.
- Each take a turn as listener and speaker.
- Keep it current, just talk to the current experience. It can be as simple as how each of you feel today.

## **Listener** has the responsibility of making the Speaker feel understood.

- Paraphrasing, probing questions, acknowledging feelings and experiences etc.
- Don't try to solve anything.
- Being aware of active listening by not thinking of my next response until the other person has finished speaking.

## **Speaker** has the responsibility of making themselves understood.

- Reframing and rephrasing to enhance engagement and understanding.
- Not repeating the same words but adapting to help the Listener understand.
- Be patient! The Listener may be having trouble getting the same image in their head as you have.

