BUILDING TRUST & CONNECTION

A FOUR-FRAME ARGUMENT REPLAY

The First 60 Seconds of Our Usual Fight



After things have settled, pick a small disagreement you can revisit by choice. Slow down its first minute. Each person gets to describe their own experience and correct the other's guess.

The opening minute

"Did you pay it?" → "I said I would." One hears doubt and gets sharp. The other hears dismissal and asks again, louder. Now they're talking about tone instead of the bill.

Frame 1 • The words or action that started it

Frame 2 • What I heard in that moment, and what I did next

Frame 3 • What my partner remembers hearing and doing

Frame 4 • The first place either of us could try a different line

Rehearse just the turning point

Try "I'm anxious because it's due today. Have you had a chance to pay it?" Or "I hear you checking the deadline. I'll pay it after lunch." Which line changes the next ten seconds for you?

For a more in-depth look at how to build trust and connection in your relationship, explore Building Trust and Connection, my 10-week, self-paced course.

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