AN INVITATION TO SPEAK AND A WAY TO LISTEN



I Want to Be Someone You Can Tell

Choose something small you've hesitated to say. You can talk about what makes speaking easier without sharing the private detail itself.

Start with the welcome

"When I'm working up to telling you something, it helps when you let me finish the first sentence. If you have questions, I'd love it if you asked one at a time."

When I'm finding my words, a signal that tells me you're listening is...

Something I'd like you to ask before you do it is...

If either of us needs time, a caring way to say so would be...

If you're listening

Try "What I hear is that slowing down helps. Did I get that?" Then ask, "Would you like to tell me more, or is that enough for today?"

Share only what you freely choose. Your partner can show care by respecting where you stop.

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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