

Validate – given your past experiences								
Validate – anyone would react that way								
Validate – radically genuine								
Constructive Engagement								
Listen mindfully								
Avoid problem solving/advice giving								
Focus on narrow concerns								
Use “I” statements								
In the moment – avoid bringing up the past								
Ask clarifying questions effectively								
Validate opinions, wants, emotions, effort								
Accept responsibility where appropriate								
Increasing Positive Interactions/Emotions								
Let go of hurts/negative emotions/Increase positives								
In companionship								
In comfort & support								
In recreation & leisure activities								
In intellectual & ideas								
In tasks & chores								
In spiritual & religious activities								
In parenting								
In emotion & closeness								
In sex & affection								
In supporting partner’s autonomy								
Closeness & Intimacy								
Radical acceptance of other’s ways/idiosyncrasies								
Tolerate behaviors – don’t nag, avoid power struggle								
Identify patterns – consequences of nagging								
Recontextualization – what are underlying needs?								
Other ways to meet needs?								
Problem Management & Negotiation								
Describe problem consistent w/goal (avoid yes/no)								
Identify criteria for deciding								
Prioritize criteria								
Identify alternatives without evaluating								
Gather information								
Evaluate alternatives								
Negotiate using constructive engagement								
Decide								