



SALT METHOD

STOP!

Are things getting too hot?

Do I need to cool down?

Would it help to take a time out to think more clearly?

ASK

What are your concerns?

Do we have all the information we need?

What do we each want to accomplish?

LISTEN

Listen to what your spouse is saying

Do not interrupt

Pay attention to your feelings; are you being reactive?

TALK

Talk with each other - not over each other, not at each other

Focus on problem solving

What would you like to happen now - Can you make a proposal?

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