

The Extinguisher: For use when we fall into old maladaptive communication patterns

P1:

From what I observed/experienced/heard/saw etc.. _____ (Explain the event as if it was recorded on a camera) _____ ,

I felt _____ (use outer feelings, *see feelings wheel) _____

P2: **WARNING: DO NOT immediately DEFEND yourself!**

I heard you say/understand/can see/ that when I _____ (Repeat to partner exactly **what they have described** to you),

you feel _____ (Repeat partners **feeling words**) _____ .

You may ask- **“is that right”** for clarification.

I will pay close attention to when _____ **happens because I understand that this makes you feel** _____ (partners feelings words)

...and I love you and don't want you to feel that way/don't want to hurt you. I care and I will continue to try and work on bringing awareness to that so that I don't continue to do that. (Let your partner know what you are going to do to meet their needs and respect their boundaries)

RED FLAGS:

Blaming
Finger Pointing
Shaming
Condescending
Belittling
Accusing
Using Absolutes (You never, you always...)

*If red flags appear, take **deep breaths**, call a **time out**, come back and **start over**.

*Don't forget to compliment each other on what went right in your collaboration to deescalate the argument.

FEELINGS WHEEL

