



Harville and Helen continued to work on Safe Conversations, expanding how the tools were used. They started to realize that the skills and values could apply to any type of conversation with anyone at any time. They created this list to show how the sentence stems exemplify the skills and values of Safe Conversations. Below is a reprinting of their handout with permission from Harville and Helen.

RELATIONAL SKILLS

1. CREATING A SAFE SPACE

Implementation: "You are wonderful." "I am wonderful." "We are wonderful."

2. HONORING BOUNDARIES

Implementation: "Is now a good time to talk about..."

3. MAKING NON-VERBAL CONTACT BEFORE AND WHILE SPEAKING

Implementation: Make eye contact and take a deep breath before speaking

4. SPEAKER RESPONSIBILITY: Using "I" Language

Implementation: "I think..." "I feel..." "I want..." Etc.

5. ACCURATE MIRRORING

Implementation: "If I got you, you said..."

6. SHOW APPRECIATION

Implementation: "One thing I appreciate about you is..."

7. ACCURACY CHECK BEFORE RESPONDING

Implementation: "Did I get that..."

8. SHOW CURIOSITY

Implementation: Ask "Is there more about that?" And keep the focus on the current topic, not some other topic

9. VALIDATE THE OTHER POINT OF VIEW

Implementation: "You make sense, and what makes sense is, that given... (your experience), you feel or think..."

10. EXPRESS EMPATHY

Implementation: "I can imagine, with that you might have felt/be feeling..." "Is that your feeling?" "Do you have other feelings?"

11. ACKNOWLEDGE CARE

Implementation: "I feel/felt care about when you (said/did)..."

12. MAKE REQUESTS

Implementation: Instead of "You are late... (whatever frustrated you)" say: "I would like you to... (describe a specific and repeatable behavior)."

13. IMAGINE THE FUTURE

Implementation: "Is now a good time to share my vision about... (our relationship: intimate, business, professional, etc), current day, business, children, health, career?"

"What I see is..."

"What do you see?"

14. EXPRESS GRATITUDE

- a. Implementation: "Thanks for sharing." "Thanks for listening."