

# “Catch”

## 1 - Validate

## 2 - Empathic Response

## 3 - Soft Touch

## 4 - Curious Questions

*(Goal is to understand, not be understood)*

## 5 - Safe Space to Share Story

*(“Is there anything else you want me to know?”)*

## 6 - Repair

*(Own your part/apologize)*

## 7 - Reassure

*(What will you do different?)*

## 8 - Reach Through the Prickly

**MARRIAGE  
REVIVAL**

with Dr. Shanon Roberts, Ph.D.

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