

FIGHT OR FLIGHT V. REST & CONNECT RESPONSES

Pursue/Attack	Defend/Distance
<ul style="list-style-type: none"> <input type="checkbox"/> Suggest <input type="checkbox"/> advice/lecture (you should...) <input type="checkbox"/> Convince <input type="checkbox"/> Disagree <input type="checkbox"/> Criticize (find fault) <input type="checkbox"/> Blame <input type="checkbox"/> Accuse (you always/never...) <input type="checkbox"/> Name call/label <input type="checkbox"/> Demand/Order/Command <input type="checkbox"/> Interrogate <input type="checkbox"/> Threaten (you better...) 	<ul style="list-style-type: none"> <input type="checkbox"/> Explain <input type="checkbox"/> Apologize (I'm sorry for...) <input type="checkbox"/> Reassure <input type="checkbox"/> Shut down <input type="checkbox"/> Clam up <input type="checkbox"/> Space out <input type="checkbox"/> Avoid eye contact <input type="checkbox"/> Become cold/alooof <input type="checkbox"/> Withdraw <input type="checkbox"/> Leave

I-Statements that Express Individuality or Take a Stand

- I'm feeling... (express vulnerable or reactive feeling)
- Would you ... (state wants)
- I'm willing; not willing to ... (state limits)

AAAH Responses that Disarm Expected Attacks & Create Connection

Affirm:

- Admit, agree (in fact/theory), appreciate, admire (compliment)

Ask Questions:

- Genuine questions, hidden questions (I wonder why...)

Active Listening:

- Rephrase (are you saying...?), empathy: name the feeling (it sounds like you're feeling...), sympathize (I'm so sorry that...), validate (it makes sense that you...)

Hidden hints & Humor:

- Hidden suggestion, disconnection