

# RealTalk Weekly Meet Up

A structured, emotionally safe check-in for couples, families, and working relationships.

## Time

30–45 minutes total.

Each person has 15–20 minutes, plus a short opening and closing.

## Frequency

Weekly, same day and time if possible. Consistency creates safety.

## Non-Negotiables

- You meet under The Umbrella. Remember its boundaries and intentions.
- You do not speak from the bottom of the Ladder.
- You speak from your experience, not accusation.
- If either person drops into Fear/Force, you pause, quickly regulate, and return.

## Before You Start

1) Choose the container

Neutral space, phones away, set a timer.

2) Step under the Umbrella (20 seconds)

Say together:

“We’re here for conscious communication.

We choose respect, curiosity, and self Response-ABILITY.”

3) Ladder check (10 seconds each)

Each person answers:

“Right now I’m closer to Fear or Love (Power or Force).”

If Fear/Force: “I need one minute to settle.”

## Opening Connection Practice (choose one, 30–90 seconds)

Couples: One shared breath, hand on heart or gentle touch; 20 seconds of soft eye contact.

Family / Friends: Sit side by side; “What was one good thing this week?”

Colleagues / Leaders: Name intention “Clarity, respect, collaboration”; one appreciation before content.

## The Structure

Round 1 — Person A (15–20 minutes).

Person B listens with curiosity and manages their own reactions.

### **1) One Positive (1–2 minutes)**

Person A names at least one specific positive:

“One thing I appreciated about you this week was...”

“One effort I noticed you make was...”

“One thing I value about our relationship is...”

### **2) Something I’m Struggling With (6–10 minutes)**

This is shared from ownership, not blame.

“Something I’m struggling with in our relationship is...”

“The impact on me is...”

“The story my Fear tells is...”

“What would support me is...”

If I have a problem, I have a problem.

I am responsible for naming and owning it.

This replaces blame with clarity.

### **3) Active Listening & Understanding (3–5 minutes)**

Person B may engage — not to defend, but to understand.

“Help me understand that better.”

“What part of this feels hardest for you?”

“Is there something you need from me right now?”

### **4) Collaborative Problem Solving (2–4 minutes)**

“If I am contributing to this, how could I support you?”

“Is there something I could adjust or try differently?”

### **5) One Clear Request or Agreement (1–2 minutes)**

“Would you be willing to...”

“This week I’ll practice...”

“This week I’m asking you to practice...”

Then switch roles.

### **Shadow First Aid™**

If regulation becomes difficult:

“I’m struggling to be fully available right now but can we return at (time)?”

Name it: “A Shadow just came up for me.”

Soften the body. Pause. Return from Love.

## **Closing Connection (1–2 minutes)**

“One thing I respect about you is...”

“One thing I’m taking from this is...”

## **Weekly Follow-Up Question**

“Did we honor what we agreed, with honesty and kindness?”

## **RealTalk Reminder**

This is not about fixing each other.

It’s a weekly practice of returning to Love — inside yourself and together.