

# RealTalk® Quick Guide

## **When to Use This**

Use this guide when time is short, maybe emotions are high, or capacity is low. This is not about fixing or resolving issues; it is about staying connected and conscious.

## **Time Commitment**

10–15 minutes total. Doing less consciously is better than doing more unconsciously.

## **Step 1 – Step Under the Umbrella**

Say together: “We’re here to stay connected, not to solve everything.” “We choose respect, curiosity, and self Response-ABILITY.”

## **Step 2 – Ladder Check**

Each person answers: “Right now I’m closer to Fear or Love.” No explanation, no story. If Fear is high, soften the body with one slow breath.

## **Step 3 – One Positive Each**

Each person shares one appreciation: “One thing I appreciated about you this week was...”

## **Step 4 – One Struggle, No Solving**

Each person completes this sentence: “Something I’m struggling with right now is...” The listener responds only with: “Thank you for telling me.”

## **Step 5 – One Gentle Request**

Each person may offer one small request: “This week it would help me if...” Requests must be simple, optional, and achievable.

## **Step 6 – Close in Connection**

Choose one: a shared breath, a hand squeeze, a hug if appropriate, or the words: “We’re okay. We’ll come back to this.”

## **Shadow First Aid – Short Version**

If Fear rises: Name it ("A Shadow just came up for me"). Soften the body. Pause the conversation and return later.

### **RealTalk Reminder**

Connection does not require perfection. Showing up gently still counts.