

EMOTIONAL CATCH

A FUN WAY TO UNDERSTAND YOUR PARTNER

Emotional Catch is inspired by the classic word association game. You start with a single word... then partners take turns sharing what it brings up. The practice is in catching the meaning and reflecting it back, instead of just reacting. It's a playful way to slow down, listen differently, and feel more understood.

HOW TO PLAY:

1. **Pick a Word.** Choose one from the therapist-curated list, by category, at random, or make up your own.
2. **Take Turns.** Decide who will be the Speaker and who will be the Listener, first.
3. **Speaker Role** (5 minutes). Share what the word brings up... thoughts, feelings, memories, or needs. Pause whenever you want, so the Listener can reflect back.
4. **Listener Role.** Catch what your partner says by summarizing and empathizing. Reflect back the meaning and emotions without reacting yet.
5. **Switch Roles.** Trade places and repeat.
6. **Bonus Round.** Share one or all of the following: What did you learn about each other? What was hard for you about just listening? What follow-up questions do you have?



TIPS FOR MAKING IT YOUR OWN:

- You don't have to use the full 5 minutes in each role. Start with 1–2 minutes if that feels easier.
- The Speaker can pause every 30–60 seconds so the Listener can reflect back. This makes it easier to stay present and engaged.
- Don't worry about the "categories". They're just ideas to spark conversation. Pick any word that feels useful today.
- The goal isn't to debate or problem-solve. It's to practice listening better by summarizing & empathizing.

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EMOTIONAL CATCH FOR COUPLES

Practice catching the meaning and reflecting it back.

SHARE:	CONNECT:	ALIGN:
• Appreciation • Worry • Hope • Stress • Support • Encouragement • Dreams	• Together • Empathy • Bond • Listening • Pleasure • Touch • Partnership	• Gratitude • Friendship • Reliability • Parenting • Decisions • Routine • Goals
LEARN:	UNDERSTAND:	REPAIR:
• Home • Teamwork • Responsibility • Respect • Curiosity • Time • Adventure	• Creativity • Freedom • Safety • Boundaries • Shame • Kindness • Stability	• Criticism • Forgiveness • Resentment • Secure • Trust • Mistakes • Fairness
EXPRESS:	SPARK:	GROW:
• Strengths • Phones • Change • Mental Load • Marriage • Conflict • Comfort	• Love • Romance • Intimacy • Vulnerability • Playfulness • Desire • Passion	• Acceptance • Commitment • Closeness • Legacy • Future • Patience • Presence