

EMPATHY IS A BRIDGE

DEFENSIVENESS MELTS WHEN YOU FEEL SEEN.

EMPATHY IS ATTUNEMENT, NOT AGREEMENT.

RELATIONSHIP REMINDERS:

- Focus on **feelings**, not facts or faults.
- Couples who practice **empathy** report 50% fewer problems.
- You don't have to agree to **connect** with the feelings.

WHY IT WORKS:

- Feeling **understood** reduces defensiveness.
- Empathy shifts you from opponents to **partners** again.
- The true goal of **communication** is understanding, not winning.

QUICK TIPS:

- Pause before speaking. Even 5 seconds reduces conflict.
- Step into your partner's emotional world before you explain yours.
- Say what you see, not what you think.

START WITH "I CAN SEE..."

- *why this is so important to you.*
- *how upsetting this was for you.*
- *that you are feeling really down.*
- *how that came off dismissive.*
- *why that felt disappointing.*
- *that you've felt disconnected lately.*
- *how you've been needing more from me.*

The Antidote to Arguments Is Empathy.

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