



Resolve Conflict & Repair Faster with The PART Tool.

PART = PRESENT • ASSUME THE BEST • RESPONSIBILITY • THANKFUL

Happy couples maintain a five-to-one ratio of positive to negative interactions during conflict, but that can be hard to do when you're triggered. Rather than debating the issue, shift your focus to **restoring connection**. The PART practice gives you a simple framework to keep negativity in check and bring more calm, generosity, accountability, and appreciation into difficult moments.



Present

Don't let old hurts or future fears hijack the moment. Respond to what is happening now.

BREATHE.



Assume The Best

Separate behavior from character. What could explain this besides not caring?

BELIEVE.



MINDSET



Responsibility

Drop blame and defensiveness.
Own your part in the pattern.

I WILL...



Thankful

Choose gratitude over contempt.
Notice what you value and appreciate.

THANK YOU FOR...



LEVEL SET

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