

SUMMARIZE TO CONNECT

TRANSFORM COUPLES COMMUNICATION.

CONNECTION GROWS WHEN WE FEEL UNDERSTOOD.

RELATIONSHIP REMINDERS:

- Think of communication like catch: **receive** before you throw back.
- **Catch** your partner's feelings before reacting, fixing or defending.
- Pause & reflect back what you hear to **interrupt** negative patterns.

WHY IT WORKS:

- Defenses block connection; **noticing** them is half the battle.
- Focusing on **feelings**, rather than facts or faults builds connection.
- **Slowing** the pace helps you disarm the defenses, together.

QUICK TIPS:

- Summarizing is like putting your brain in **neutral**.
- **Pause** to listen: we think 10x faster than our partner can speak.
- The first **3 minutes** matter most... lead with listening.

START WITH "I HEAR..."

- *that this really matters to you.*
- *how you're trying to grow in this area.*
- *why this connects to your goals.*
- *that you've been working hard at this.*
- *that you want us to tackle this together.*
- *how managing this has been difficult.*
- *that this is about feeling connected.*

The Shortcut To Connection Is Summarizing.
Debbie Cherry, LMFT