



TALK WITHOUT BLOWUPS

Complaints spiral. Requests connect.

EMOTIONS

START WITH “I FEEL...”

- *disappointed when our plans change.*
- *overwhelmed when too many things pile up.*
- *drained when arguments keep repeating.*
- *hurt when my feelings are brushed aside.*
- *guarded when I expect criticism.*
- *disrespected when I’m interrupted.*
- *sad when we don’t have fun together.*

NEEDS

AND THEN “I NEED OR WANT...”

- *more notice when plans shift.*
- *help prioritizing what matters most.*
- *to take breaks when talks get heated.*
- *to feel heard before we problem-solve.*
- *support while I’m trying to improve.*
- *space to finish my thoughts.*
- *more light and playful time together.*

How You Talk To Each Other Makes or Breaks Your Relationship.

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