

TALK WITHOUT BLOWUPS

Share **Emotions** & **Needs** to Be Heard.

RELATIONSHIP REMINDERS:

- Speak from **emotion**, not protection
- Use “**I feel...**” and “**I need...**” to create connection, not conflict.
- Criticism builds walls. **Needs** build bridges.

WHY IT WORKS:

- Sharing emotions & needs **lowers defensiveness**.
- **Requests** give your partner a way toward you, not away from you.
- Speaking from vulnerability **invites** compassion.

QUICK TIPS:

- Swap “You always...” for “I feel...”
- **Say what you want**, not what they did wrong.
- Start with: “*I feel worried about...*” + “*I need a moment to reset...*”, or “*I’m feeling hurt and I want to stay connected.*”

AVOID THE 4 BIGGEST PREDICTORS OF DIVORCE.

(Gottman Institute, 90% accuracy)

- **Criticism:** “You never think about anyone but yourself.”
- **Contempt:** Eye roll + sarcasm or mockery
- **Defensiveness:** “I only did that because you overreacted.”
- **Stonewalling:** Shuts down, walks out, goes silent.

Emotional armor doesn’t build connection... it blocks it.

How You Talk To Your Partner Makes or Breaks Your Relationship.

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