



Resolve Conflict & Repair Faster with The SAFE Tool.

SAFE = SELF-REGULATE • ASSUME THE BEST • FONDNESS • EMPOWER

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 SAFE steps give you a simple framework to keep negativity in check and bring more calm, generosity, connection and accountability into difficult moments.



Self-Regulate

Slow your nervous system and lower your defenses so the past doesn't take over the present.

BREATHE



Assume The Best

Choose curiosity before conclusions.
Look for a more generous explanation.

BELIEVE



Feel Fondness

Remember what you love and appreciate about them.

SOFTEN



MINDSET



Empower the Team

Move out of blame and into responsibility.
Own your part in the pattern.

I WILL...



LEVEL SET

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