



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. The key is rapid repair. Rather than debating the issue while triggered, shift your focus to **restoring connection** and settling the fight-or-flight response. Regulation brings you back onto the same team and reopens access to calm, loving thinking. Here's a simple formula to use in the moment.




Self-Regulate
Interrupt the *confirmation bias* mental loop.
Regulate before you react.
BREATHE.




Assume The Best
Counter *attribution bias* with compassion.
Ask what else could be true.
BELIEVE.




MINDSET



Focus on Fondness
Disrupt *negativity bias* & see the good.
Choose gratitude over contempt.
THANK YOU FOR...



Empower the Team.
Drop the drama and exit the blame cycle.
Replace protection with partnership.
I WILL...



LEVEL SET