



FAMILY/FRIENDS/COUPLES BONDING TIME

1 PROCESS ACCOUNTABILITY

Recall and implement steps from process accountability guide



2 HAVE FUN

This is a safe space where you should work on building communication and openness

3 BE A GOOD LISTENER

Listen without judgement / practice empathy



4 NO FIGHTING

Speak without criticism, defensiveness, stonewalling, or contempt

5 SUPPORT RESPONSE VS SHIFT RESPONSE

When listening, focus on responding in ways that show understanding and that support further conversation about them/it. Avoid shifting the conversation in which their story slowly becomes about similar things that you went through and now the focus has shifted to you.



6 HAVE THE COURAGE TO BE VULNERABLE

Vulnerability brings truth and truth brings freedom.

7 COMMUNICATION IS.....

55% body language/facial expressions

38% Tone of Voice

7% Words

