

# BODY LANGUAGE

## Worksheet

How do I react when we begin to bicker?

What specific body actions do I do that demonstrate that I've withdrawn from the conversation?

Are you open to hearing "Palms Up" when the bickering needs to stop?  
If yes, proceed to question 4. If no, set up a State of Our Marriage conversation to discuss why not. Yes / No

During our next conversation what is the signal for us to use Palms Up?