

**Welcome to the Workshop**

**He Zigs, She Zags  
Get Your Communication on  
the Same Path**

**We'll be Starting Shortly**

# He Zigs, She Zags

Get Your Communication on the Same Path



Brought To You By:



# What's Coming Up?

- Introductions
- COUPLE Communication Method™
- Q&A Session
- We'll equip you with the tools you need to get your communication on the same path





# Nice to Meet You!





# What We Hear From the ONE Family

- *“I don’t know where to start.”*
- *“Whenever I say ‘We need to talk.’ He/she shuts down.”*
- *“We can’t talk about these things around the kids.”*
- *“I always seem to bring things up at the wrong time.”*
- **Learning to communicate takes time and patience**, especially when the two of you have been out of practice for so long.



# COUPLE Communication Method™

- Choose Your Battles, Choose Your Time
- Open Up & Be Vulnerable
- Use I Feel, I Heard
- Palms Up
- Listen to Understand, Not to Interrupt
- Extend Grace



# Choose Your Battles, Choose Your Time

- © Identify what you want to discuss



# Choose Your Battles, Choose Your Time

- Ask your spouse the best day and time to talk





# Choose Your Battles, Choose Your Time

- © Choose a place that is distraction free



# Choose Your Battles, Choose Your Time

- By choosing one topic and a specific day/time you are taking the element of surprise out of the conversation. *No one likes surprises!*





# Open Up & Be Vulnerable

- © Everyone wears masks



# Open Up & Be Vulnerable

- Why do you wear your masks?





# Open Up & Be Vulnerable

- © When you wear masks with your spouse you...



# Open Up & Be Vulnerable

- © It's not surprising...

The  
**TRUTH**  
will always  
come out

# Open Up & Be Vulnerable

- © No more masks,  
no more secrets...





# Open Up & Be Vulnerable

- An affirmation you can read each day.

*I choose to be open and honest with my spouse. I take responsibility for my actions and my words. I have the ability to build my marriage and choose to do so with how I live my life.*



Use I Feel

**YOU**

# Use I Feel

- © It's time to stop building your walls





# Use I Feel

- Are you aware of how you are feeling now?



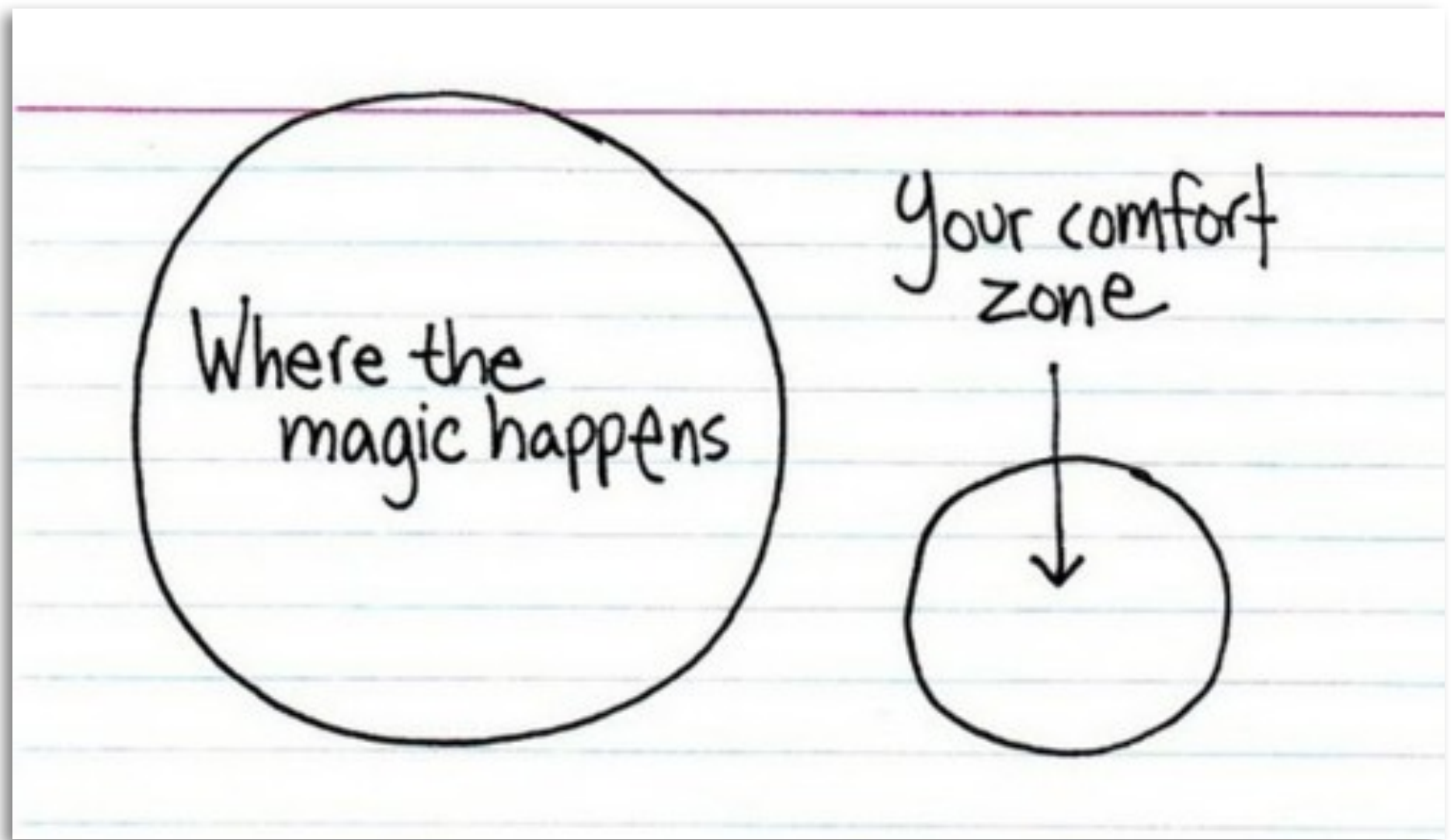
# Palms Up

- © Non-verbal communication makes up roughly 80-90% of your communication



# Palms Up

- © It is a conscious decision to alter your body language





# Palms Up

- © Your focus is re-centered on your spouse



# Listen to Understand Not to Interrupt

- © *He/she who has ears let him/her hear*

When you talk,  
you are only  
repeating what  
you already know.  
But if you listen,  
you may learn  
something new.

# Listen to Understand Not to Interrupt

- © Interrupting your spouse shows your lack of respect for their ideas

**this is not important.**

# Listen to Understand Not to Interrupt

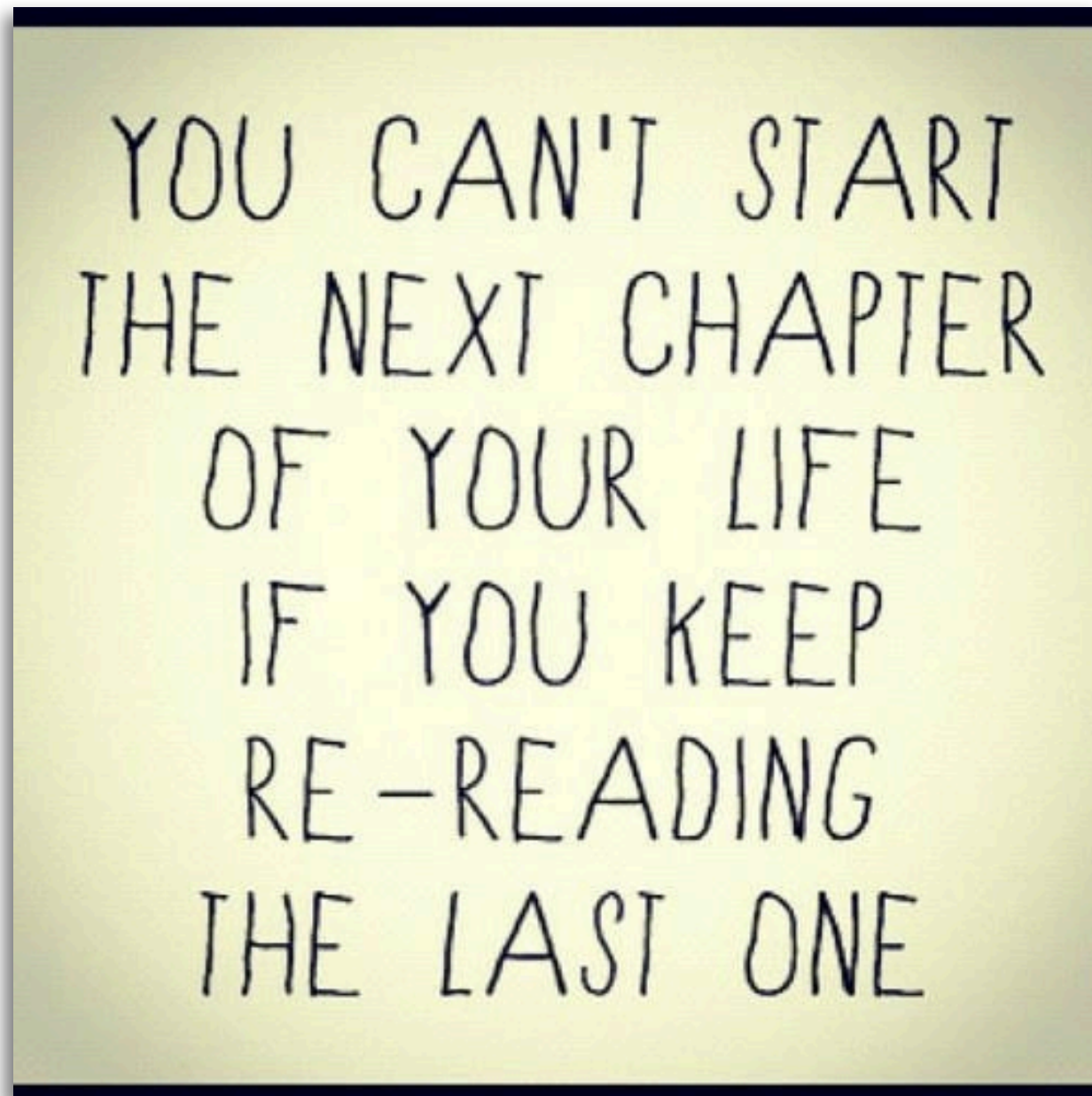


- © Three powerful words



# Extend Grace

- © Live in the past and your marriage stays in the past



# Extend Grace

- © Grace is the gift that no one deserves, but everyone should receive



# Extend Grace

- © Grace is available to both of you



# Your Action Items

- Choose a topic for your next conversation (State of Our Marriage)
- Choose a date and time to talk (Calendar It)
- Share the masks you have been wearing (Open Up)
- Speak with a focus on your feelings not their actions (I Feel)
- Change your body language (Palms Up)
- Listen without interruption (I Heard)
- Move into the present & out of the past (Extend Grace)



# Q&A

- We'll start with the questions submitted ahead of time
- If you're on the webcast, you can type in your question
- If you're on the phone, press \*2 on your keypad to "raise your hand" and we'll unmute your line



# Contact Us

- [www.OneExtraordinaryMarriage.com](http://www.OneExtraordinaryMarriage.com)
- FREE 30-Minute Consultation Call  
[www.OneExtraordinaryMarriage.com/30minutes](http://www.OneExtraordinaryMarriage.com/30minutes)
- More Resources  
[www.OneExtraordinaryMarriage.com/GetHelp](http://www.OneExtraordinaryMarriage.com/GetHelp)

