

PALMS UP

Cheat Sheet

1. **Say "Palms Up".**

When the bickering needs to STOP say the code word, "Palms Up", to get both of you aware of the escalating conversation.

2. **One Simple Movement.**

Flip your hands over, in front of you, on your lap, or on the table, so that your palms are facing up. This simple movement changes your posture and body language.

3. **Facial Expression.**

Smile...laugh...flutter your eyes. Let your face express to your spouse that you respect and love them even in this situation.

4. **Take a Moment.**

Inhale and exhale a couple of times with your palms up. Allowing yourself and your spouse to gather yourselves.

5. **Acknowledge the Situation.**

Your word choice, your tone of voice, and your body language has played a part in the escalation of the conversation. Verbally acknowledge this to your spouse. ***This is not the time for "I told you so", rolling of the eyes, or other snide remarks.

6. **Look Down and Then Up.**

Focus on both of your hands as they are "Palms Up"...then look into your spouse's eyes and say "I Love You".

NOTES
