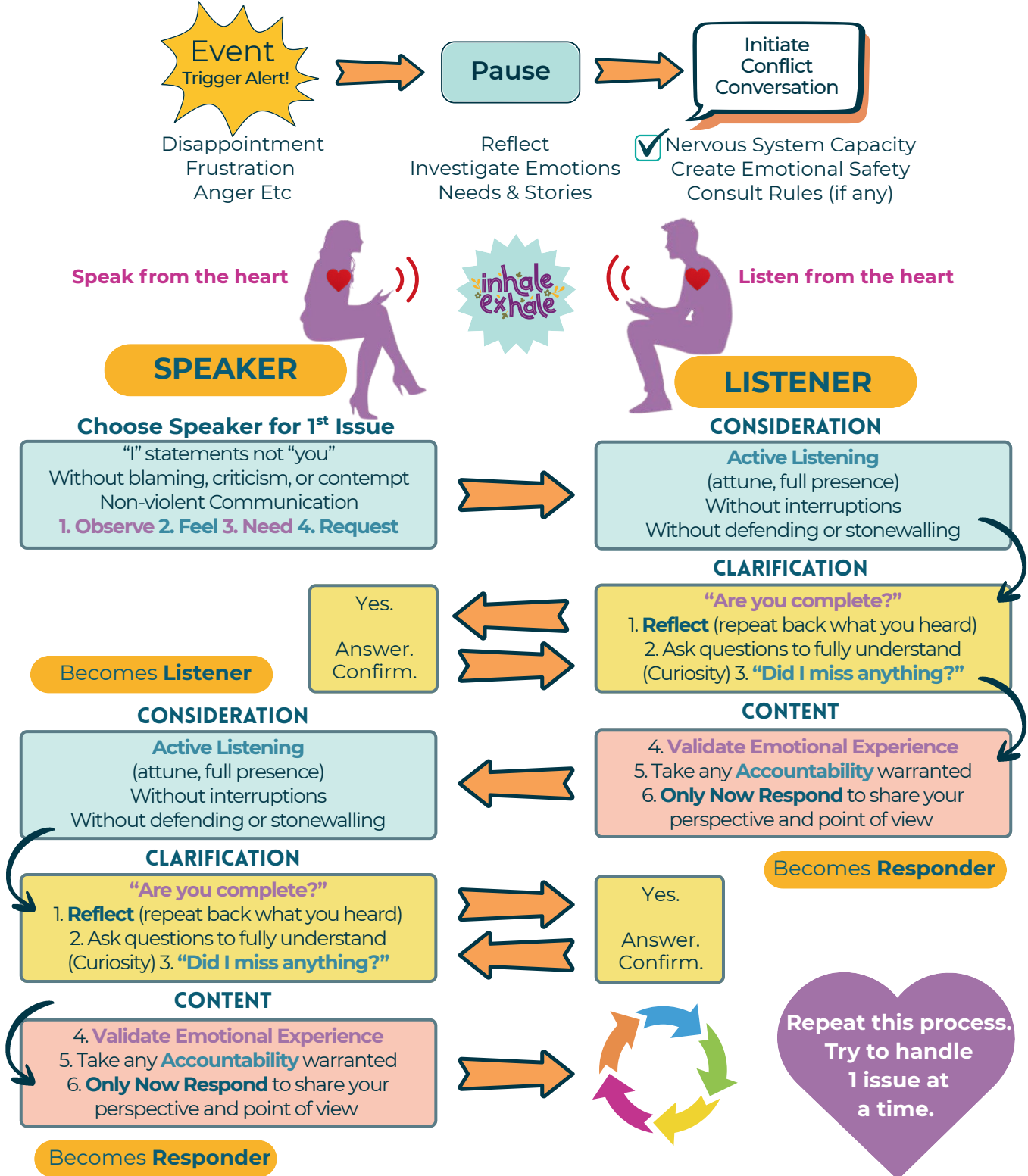


WIN TOGETHER BLUEPRINT

~~Old Goal - About Outcome - Being right, assigning blame, defending~~

New GOAL - About *Process* - Redefine "Winning" - Both win or nobody wins

Each are fully **seen, heard, understood, felt, respected** and **loved**



Persuasion shouldn't occur until both perspectives are fully understood.

WHEN THINGS BREAK DOWN



Always respect a **TIME OUT** Request
Separate and **Self-Regulate**
Or **Pause** and **Co-Regulate**

Specify a time frame
(i.e. 20 minutes, 1 hour, 24 hours)
Pause. Safe touch. Re-assuring words.
Eye Contact. Breath together.

Emotional Safety and Boundaries

Talk about communication / conflict emotional needs to each be seen, heard, understood, felt, respected and loved and your personal boundaries. Keep and update a relationship **"Conflict Rules"** sheet you consult before conflict talks.

DIG DEEPER



Become detectives. Together, investigate what is going on beneath reactions, feelings, and undesired patterns. Inquire about childhood, the meaning you are ascribing to things, hopes and dreams, value systems, unmet needs, physical location in the body of enhanced sensation, past pain, stories. Be a safe place for discovery.

BE THE HERO

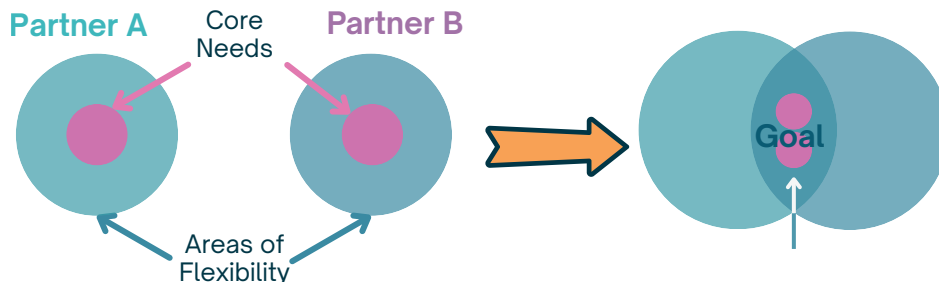


If you notice breakdown, **save it**. Start over by offering to listen fully. Apologize for role in breakdown, offer time-out, ask how you can support your partner right now. Be the one to de-escalate and don't take credit.

Resolving Conflicts

After each other is fully understood, and some or all accountability has been taken, it is time to ask each other what they think it will take to resolve the issue(s). Find common ground, values, goals and desires. It is ok if everything is not resolved in one conversation, take the wins. Sometimes a Compromise or Repair is necessary.

"Win" "Win" Couples Compromise



The process: Investigate and refine both partner's area's of flexibility and clarify core needs through curiosity, self-inquiry, and respectful proposal.

Goal: All core needs get fully met for both partners.

Non-Violent Communication

Observe: "Remember yesterday when I came home early, you quickly put away your phone and I asked you what you were doing and you didn't tell me?"
Feeling: "I felt rejected, confused and a bit angry."
Need: "I need to know I can trust you."
Request: "I want you to have your privacy, but can you tell me what you were doing so I can be at ease?"

Validating Emotions

Validating emotions is not agreeing, conceding, or admitting "wrong doing," it's **empathy** and **love**.

Example: "I don't want you to feel rejected."

Your anger and confusion is totally valid. I also want you to trust me. Let's sort what happened and fix this."

Effective Repair

1. **Acknowledge the Hurt:** Clearly recognize and communicate the emotional impact caused. Listen to it and fully witness and empathize with that pain from your partner.
2. **Take Responsibility:** Sincerely own your actions without defensiveness.
3. **Offer Genuine Apology:** Clearly express regret for the pain caused.
4. **Commit to Change:** Specify actions or behaviors you'll adopt moving forward.
5. **Clarify Needs:** Ask your partner what they need from you to finish repair.



WIN TOGETHER

JEFF PARKER LOVE

You are not alone on the journey of thriving in love.

Scan the barcode for more resources and to seek support.

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