



Tools to use in communication: tools are about ways to communicate, versus looking at whose doing something right or wrong, good or bad. Tools are controlled by the person using them – not by that which you are working on .... here's list of communication tools that were discussed in session (some of them modeled and practiced as well).

Praise, (re)initiating a difficult topics when things are going well (engine is cool), thinking about a problem the way your partner thinks (press secretary; see discussion on ways partners think about things), trying again later, staying out of content, planned ignoring, not backing down while not putting partner down, tabling (interpreting things in their world the way they do during this tabling time; see thinking about things...), delaying the approach (this can happen later, even if now was planned), stop/rewind/play (3x), stating the obvious (right now you're cursing at me), setting limits/maintaining a limit with a boundary (how "I don't know" can help when a limit is uncertain), warning set up (x2) – I'm trying to work this out with you, it seems like maybe you don't want to work this out with me maybe", rejection (after 2x of warning), planned ignoring.

Also see content / process.

Also see I am feeling ...

Also see ways couples think about things.

Also see trifecta in relationship success/failure.

Note: Some of the information contained here is derived and modified from the text *Emotional Intelligence* (Atkinson) based on the PETC approach to couples counseling; the contents here may or may not apply specifically to couples. Some of the information here is taken from practice experience, work in behavioral programs and from training seminars (both attended and taught).