Therapy-on-Sea

Reconnecting after a conflict or flashbacks

Teach the couple a re-contact framework:

Space – Both will need space to cool off and process separately. What is a reasonable amount of time for this to happen? Stick to it.

Speak – Speak in I and/or We statements. Share your perspective in that way.

Listen – Active listening after a conflict is so important. Listen to learn not listen to defend

Action – Take responsibility for your part in the conflict. A conflict takes two people reactions, it's not purely down to one person.

Understanding – Work on seeing it from your partners perspective. This is not a caving in on principles but looking at bigger picture (Remind them of PAC or ID/EGO/SUPEREGO)

Seek – Look for areas that you both agree, and the values align. This is to build a foundation for handling disagreements in the future.

Boundaries – Create agreed boundaries that stop future conflicts from getting too deep and difficult. Considering each other's needs and limits.

Appreciations – Show each other appreciation for how the conflict has been resolved or moved through to a pause.

Engage – Ensure that as soon as possible you both do activities that build on a positive and calming emotional connection.

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