Speaker Listener Technique

Rules for the Speaker

- Speak for yourself, don’t mindread
- Keep statements brief, don’t go on and on
- Stop to let the listener paraphrase

Rules for the Listener

- Paraphrase what you hear
- Focus on the speaker’s message. Don’t rebut.

Rules for Both

- The speaker has the floor
- The speaker keeps the floor while the listener paraphrases
- Share the floor
Egg Timer Argument
For use when you are too upset to use the Speaker/Listener Technique

1. Set an egg timer for five minutes and allow the speaker to roll out their feelings however they come

2. The Listener says nothing, emotes nothing, makes no frowns, no rolling of the eyeballs, no visible reaction

3. When the egg timer rings, switch places and repeat

4. Do this for as long as needed to settle down and start listening to each other

5. When settled, use the Speaker/Listener technique to resolve your conflict

Time Out
If your argument gets too angry or feels out of control, take a Time Out. Establish a time that you will talk again and keep it.
Forgiveness Exercise

1. Write it all down - itemize the losses

2. Accept the losses - one by one

3. Choose to forgive - make the decision to let go of what you didn’t get.

4. Pray over it and burn up the list
The Four Horsemen
by Dr. John Gottman

Criticism: Being overly critical toward partner

Defensiveness: Refusing to accept responsibility for conflict

Stonewalling: Withdrawal from partner, refusal to emotionally interact, more often from men than women.

Contempt: Looking down on one’s partner, judging them, esp. predictive of ending marriage when contempt is directed from women to men.

***Complaining is okay:

I feel________________________________________
When you ____________________________________
Because______________________________________

Example: I feel frustrated
          when you get home late
          because it ruins meal time.
Marriage Killers

● Infidelity
● Sex Addiction/Porn
● Substance Addictions
● Workaholism
● Overspending/Debt
● Sexual Frustration
● Emotional Neglect of Partner
● Too Much Success (or failure)
● Loose boundaries/flirting
● Lying