

THE FIVE WINNING STRATEGIES by Terry Real (from the new rules of marriage)

1. Shifting from Complaint to Request

- a. Move from a negative/past to a positive/future focus. Don't criticize...ask!*
- b. Make your request specific, behavioral, and reasonable.*

2. Speaking Out with Love and Savvy

- a. Contract with your partner to engage in the repair process.*
- b. Remember Love.*
- c. Use the four steps of the feedback wheel:*

- 1. what i saw or heard*
- 2. what i made up about it*
- 3. how I feel about it*
- 4. what i'd like*

d. Let go of outcome

3. Responding with Generosity

- a. Listen to understand*
- b. Acknowledge whatever you can*
- c. Give whatever you can*

4. Empowering Each Other

- a. Acknowledge the gifts the responder has offered*
- b. Ask what you might do to help the responder deliver*
- c. Acknowledge whatever you can and give whatever you can.*

5. Cherishing

- a. Remember abundance*
- b. Give your partner specific positive feedback*
- c. Nourish yourself and your relationship with time and energy*
- d. Practice Smart generosity*
- e. Inhabit your talents and gifts without owning or disowning them*
- f. Give back to the world*