



Remember, tools are only helpful if you use them!

The Triforce of Communication: (What is the goal of your communication?)

- #1 - Just want to share and be heard
 - #2 - Seeking sympathy, comfort, praise, or celebration
 - #3 - Trying to solve a problem, seeking help or advice
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Remember to **H.A.L.T.** if you are Hungry, Angry, Lonely, Tired (or drunk).
Take a break, take care of that, and then return to the RADAR.

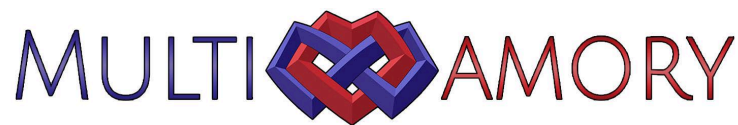
Use Non-Violent Communication (**NVC**) when discussing challenging topics:

1. State an **observation** of what happened, free of interpretation, accusation, or spin.
 2. Express your **feelings** without applying any story about something that was done to you by others.
 3. Say what it is you **need**.
 4. Make a **request** that is not a demand or your ultimatum. Your partner should feel free to say either "yes" or "no", or to negotiate the request.
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Treat your partner with *Compassion* and *Empathy*.

This is a safe space to discuss triumphs and disappointments, intense gratitude and sadness. Remember that we're here because we want our relationship to be the best it can possibly be.

Before starting, get out your calendars and schedule the next RADAR.



R.A.D.A.R.

DATE

Review (past actions and past month)

-- Start with reviewing the month. Update on what's going on in your other relationships or your life. Can be helpful to look back at your calendar. Take notes on what might need discussing with your partner. Celebrate which actions points you did successfully!
For ones you didn't do, put them back on the Discussion list where you can: Do, Defer, Discuss, or Delete.

Agree the lineup/list/agenda.

- Quality Time
- Dates
- Sex
- Health
- Money
- Other Partners (state of the union(s))
- Fights/Arguments
- Work/Projects
- Travel (factor in working space)
- Household
- Family (Kids, relatives, parents, etc)
- Miscellaneous

Discuss

Go through your list. Go through all topics (even if everything is ok)

Action Points

Create achievable goals that are as specific as possible

Re-connect

Appreciation (take turns sharing and listening)
Compliments
Fun Activity
Massage or cuddle
Sex