

Welcome to the Workshop

**He Zigs, She Zags
Get Your Communication on
the Same Path**

We'll be Starting Shortly

He Zigs, She Zags

Get Your Communication on the Same Path



Brought To You By:



What's Coming Up?

- Introductions
- COUPLE Communication Method™
- Q&A Session
- We'll equip you with the tools you need to get your communication on the same path



Nice to Meet You!

Tony & Alisa
DiLorenzo



What We Hear From the ONE Family

- *“I don’t know where to start.”*
- *“Whenever I say ‘We need to talk.’ He/she shuts down.”*
- *“We can’t talk about these things around the kids.”*
- *“I always seem to bring things up at the wrong time.”*
- **Learning to communicate takes time and patience**, especially when the two of you have been out of practice for so long.



COUPLE Communication Method™

- Choose Your Battles, Choose Your Time
- Open Up & Be Vulnerable
- Use I Feel, I Heard
- Palms Up
- Listen to Understand, Not to Interrupt
- Extend Grace

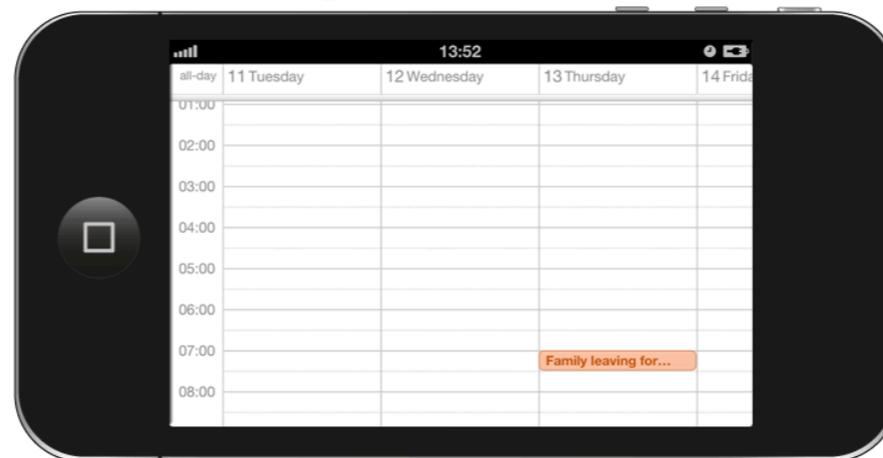
Choose Your Battles, Choose Your Time

- © Identify what you want to discuss



Choose Your Battles, Choose Your Time

- ◎ Ask your spouse the best day and time to talk



Choose Your Battles, Choose Your Time

- © Choose a place that is distraction free



Choose Your Battles, Choose Your Time

- By choosing one topic and a specific day/time you are taking the element of surprise out of the conversation. *No one likes surprises!*



Open Up & Be Vulnerable

- ◎ Everyone wears masks



Open Up & Be Vulnerable

- © Why do you wear your masks?



Open Up & Be Vulnerable

- © When you wear masks with your spouse you...



Open Up & Be Vulnerable

- © It's not surprising...

The
TRUTH
will always
come out

Open Up & Be Vulnerable

- © No more masks,
no more secrets...



Open Up & Be Vulnerable

- An affirmation you can read each day.

I choose to be open and honest with my spouse. I take responsibility for my actions and my words. I have the ability to build my marriage and choose to do so with how I live my life.



Use I Feel

YOU

Use I Feel

- © It's time to stop building your walls



Use I Feel

© Are you aware of how you are feeling now?



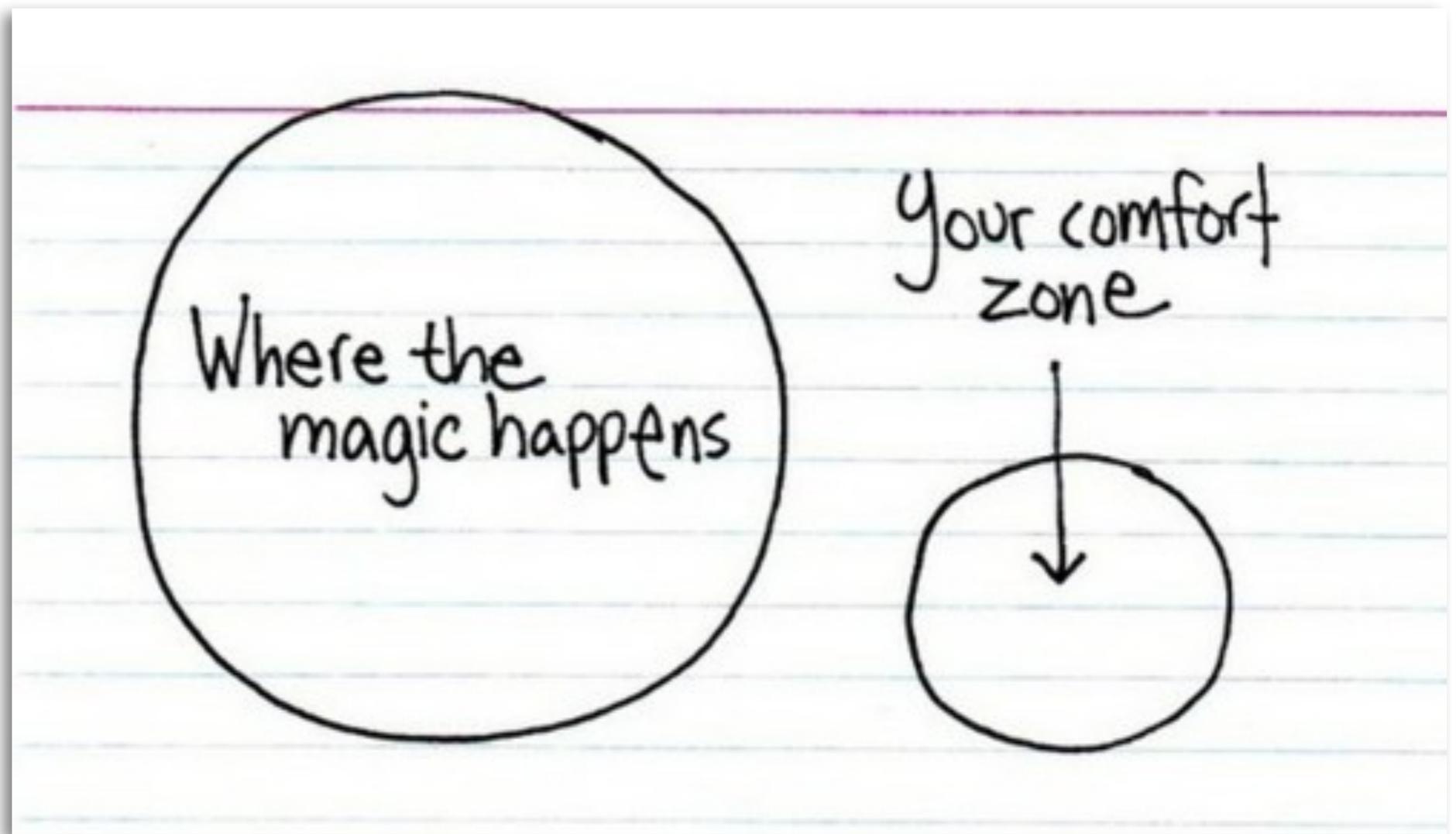
Palms Up

- Non-verbal communication makes up roughly 80-90% of your communication



Palms Up

- It is a conscious decision to alter your body language



Palms Up

- © Your focus is re-centered on your spouse



Listen to Understand Not to Interrupt

- © *He/she* who has ears let *him/her* hear

When you talk,
you are only
repeating what
you already know.
But if you listen,
you may learn
something new.

Listen to Understand Not to Interrupt

- ⦿ Interrupting your spouse shows your lack of respect for their ideas

this is not important.

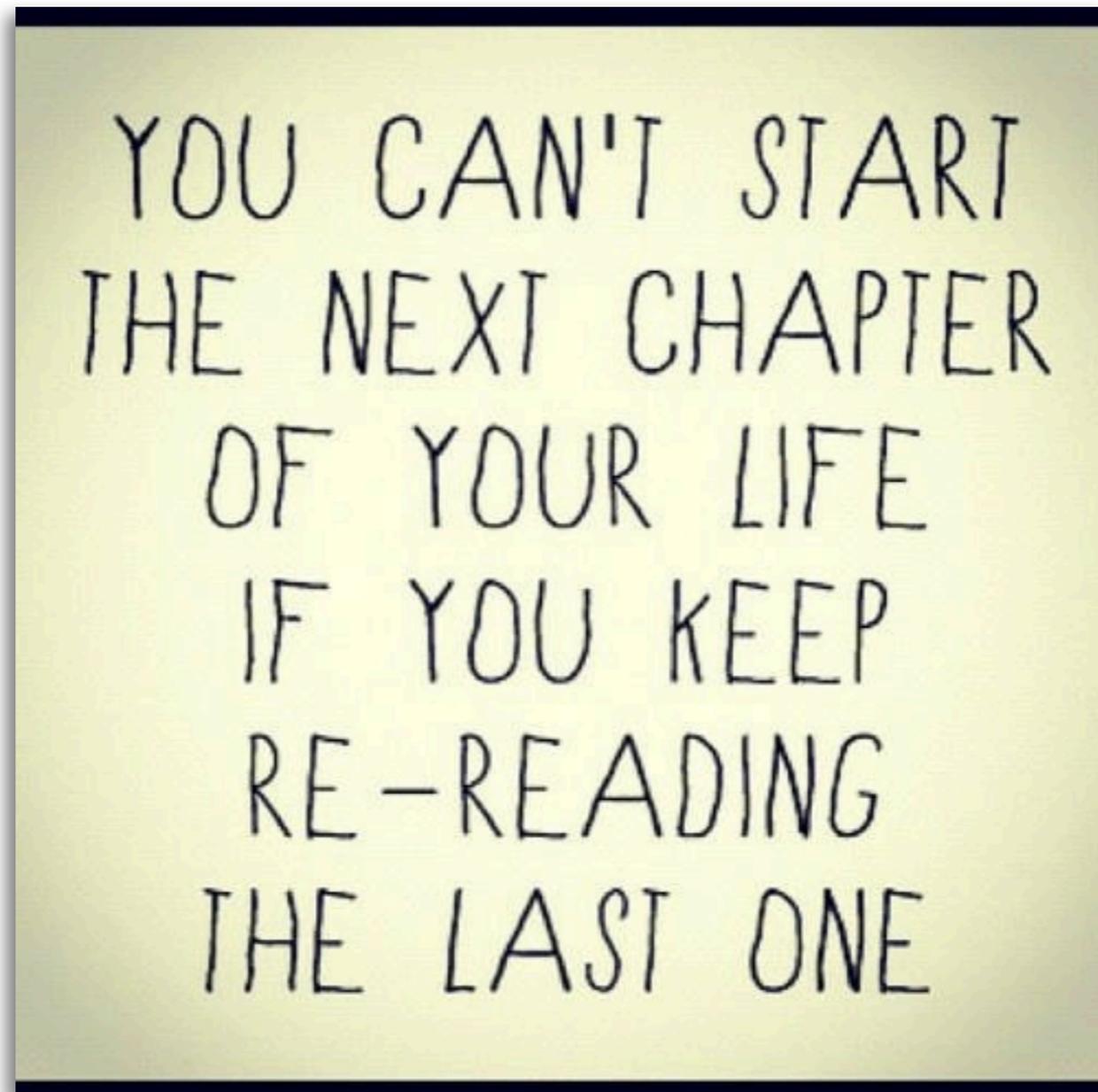
Listen to Understand Not to Interrupt



- © Three powerful words

Extend Grace

- Live in the past and your marriage stays in the past



Extend Grace

- © Grace is the gift that no one deserves, but everyone should receive



Extend Grace

- © Grace is available to both of you



Your Action Items

- Choose a topic for your next conversation (State of Our Marriage)
- Choose a date and time to talk (Calendar It)
- Share the masks you have been wearing (Open Up)
- Speak with a focus on your feelings not their actions (I Feel)
- Change your body language (Palms Up)
- Listen without interruption (I Heard)
- Move into the present & out of the past (Extend Grace)

Q&A

- We'll start with the questions submitted ahead of time
- If you're on the webcast, you can type in your question
- If you're on the phone, press *2 on your keypad to "raise your hand" and we'll unmute your line



Contact Us

- www.OneExtraordinaryMarriage.com
- **FREE 30-Minute Consultation Call**
www.OneExtraordinaryMarriage.com/30minutes
- **More Resources**
www.OneExtraordinaryMarriage.com/GetHelp

