

Mirroring – PART 2 – Behavior Change Request

Being the Speaker	Being the Listener
After you have finished mirroring and your partner has “walked a mile in your shoes” 1. Ask your partner for what you need to feel better about the issue. ▪ No demands  ▪ “IT WOULD HELP ME OUT IF YOU COULD.....” <i>“It would help me out if you would, without my having to ask, put the dishes in the dishwasher and run it before we go to bed.”</i>	1. Mirror the request to see if you got it right. 2. Consider the request. ▪ Would I be a better person if I did this?  ▪ Would I be a happier person if I did this? ▪ Would it be good for my relationship if I did this? 3. Yield to win. Your relationship and partner’s happiness are priceless.  ▪ People in happy relationships accept their partner’s influence. ▪ People in happy relationships give even if they don’t feel like it. 4. Pick one response below that best fits how you feel: ▪ “<u>YES</u>, I CAN DO THAT as a gift with no strings attached.” ▪ “<u>I CAN DO SOME PARTS, BUT NOT OTHERS.</u>”  i. List the parts you can do ii. List the parts you can’t do ▪ “<u>NO</u>, THERE IS NO WAY I CAN DO THAT, but I agree to keep talking about it until I understand why I cannot compromise.” 5. Commit and/or Talk.  ▪ Commit to do all the parts you can do. ▪ Explain why you can’t do the other parts. 6. Agree to keep talking about any parts you can’t do until you and your partner know the underlying reasons.

Mirroring – How to Talk about “Hot Button” Issues or Calm Your Partner Down Any Time