

MESSAGES THAT PARTNERS CAN SAY TO DE-ESCALATE CONFLICTS

From the book "Seven principles for making marriage work" By Gottman.

I Feel
I'm getting scared.
Please say that more gently.
Did I do something wrong?
That hurt my feelings.
That felt like an insult.
I'm feeling sad.
I feel blamed. Can you rephrase that?
I'm feeling unappreciated.
I feel defensive. Can you rephrase that?
Please don't lecture me.
I don't feel like you understand me right now.
I am starting to feel flooded.
I feel criticized. Can you rephrase that?
I'm getting worried.
I Need to Calm Down
Can you make things safer for me?
I need things to be calmer right now.
I need your support right now.
Just listen to me right now and try to understand.
Tell me you love me.
Can I have a kiss?
Can I take that back?
Please be gentler with me.
Please help me calm down.
Please be quiet and listen to me.
This is important to me. Please listen.
I need to finish what I was saying.
I am starting to feel flooded.
I feel criticized. Can you rephrase that?
Can we take a break?
Sorry
My reactions were too extreme. Sorry.
I really blew that one.
Let me try again.
Tell me what you hear me saying.
I can see my part in all this.
How can I make things better?
Let's try that over again.
What you are saying is...
Let me start again in a softer way.
I'm sorry. Please forgive me.

Get to Yes
You're starting to convince me.
I agree with part of what you're saying.
Let's compromise here.
Let's find our common ground.
I never thought of things that way.
This problem is not very serious in the big picture.
I think your point of view makes sense.
Let's agree to include both our views in a solution.
I am thankful for...
One thing I admire about you is...
I see what you're talking about.
Stop
I might be wrong here.
Please, let's stop for a while.
Let's take a break.
Give me a moment. I'll be back.
I'm feeling flooded.
Please stop.
Let's get back to it later
Let's start all over again.
Hang in there. Don't withdraw.
I want to change the topic.
We are getting off track.
I Appreciate
I know this isn't your fault.
My part of this problem is...
I see your point.
Thank you for...
That's a good point.
We are both saying...
I understand.
I am thankful for...
One thing I admire about you is...
This is not your problem, it's <i>our</i> problem.