

WHAT TO DO IF YOU TURN UP THE HEAT IN YOUR RELATIONSHIP



Notice the signs
that you are
feeling hurt,
unloved, unseen



Before blaming
your partner,
listen to your
protest



Be aware of
the meaning
you are
making



Remember that
big signals can
push the other
away



Take some time
to regulate &
listen to your
emotions



Organise your
thoughts - what
hurts? What do
you need?



Come back to
your partner
& share
vulnerably



Be open to
hearing their
perspective &
compromising