

TAME



EMPOWER
YOURSELF



LAY THE
FOUNDATION



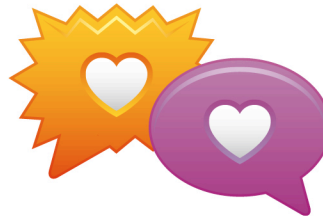
ENLIGHTEN



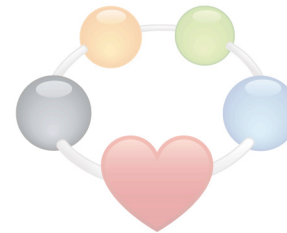
VALUE



ATTACH



TAME



ENGAGE

TAME



Our capacity
to manage
conflict is
shaped by
past and
present
experiences.

TAME

How We Respond to Threats

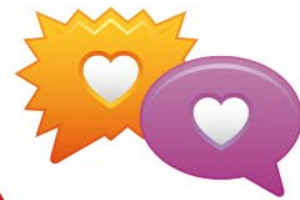
A photograph of a lioness on the right, roaring with its mouth open, showing its teeth and tongue. On the left, a lion is partially visible, looking towards the lioness. The background is a dry, dusty savanna landscape.

How would
you respond?



TAME

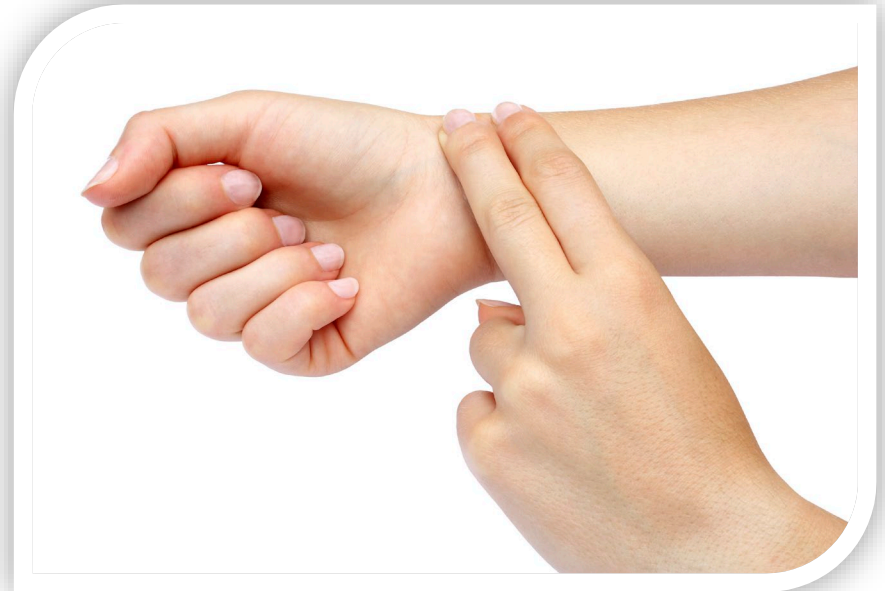
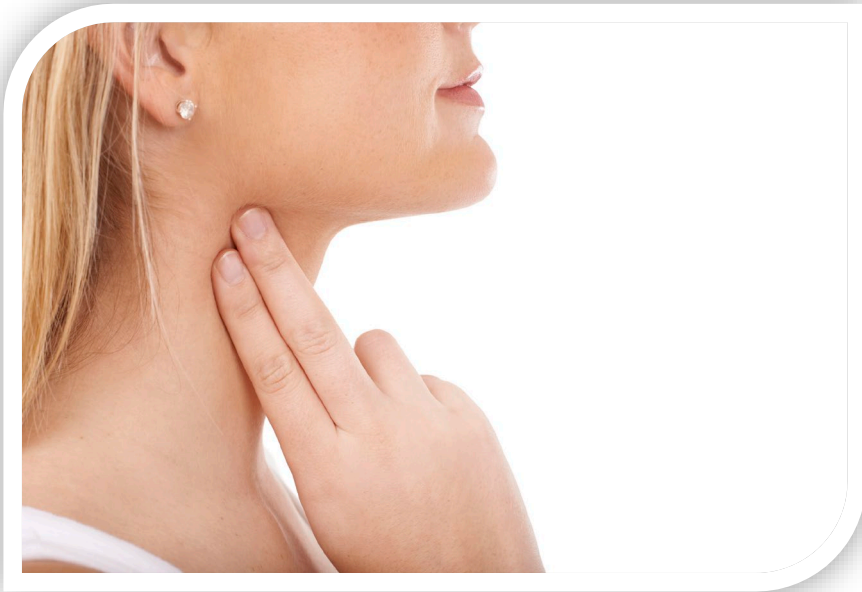
He Never Helps!



#004

TAME

Take Your Pulse



TAME

Anger (Mis) Management



Physical/Verbal Anger



Passive Anger



Suppressed Anger

TAME

Apply the Brakes

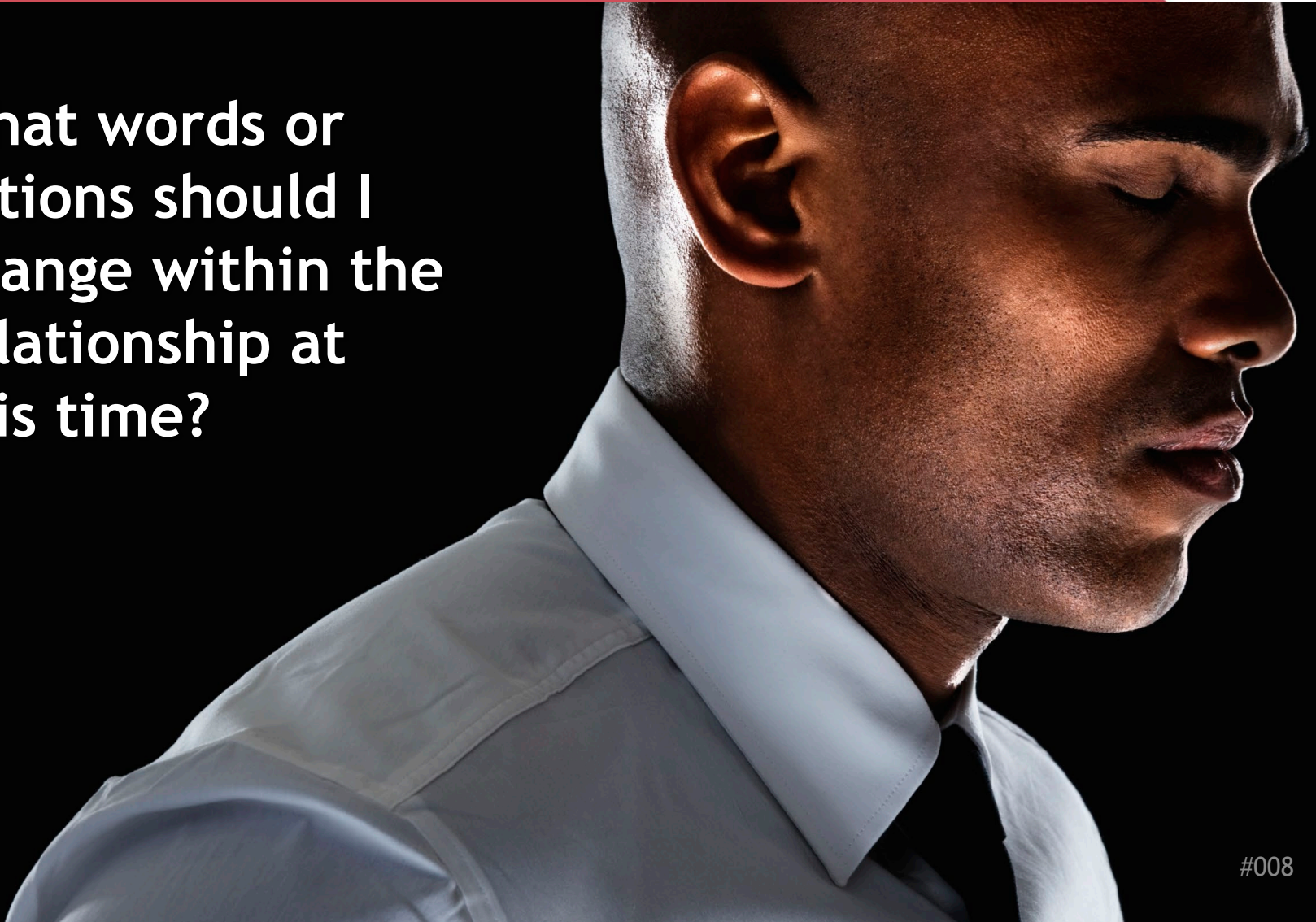


TAME

Mindfulness Practice: Attitude Change

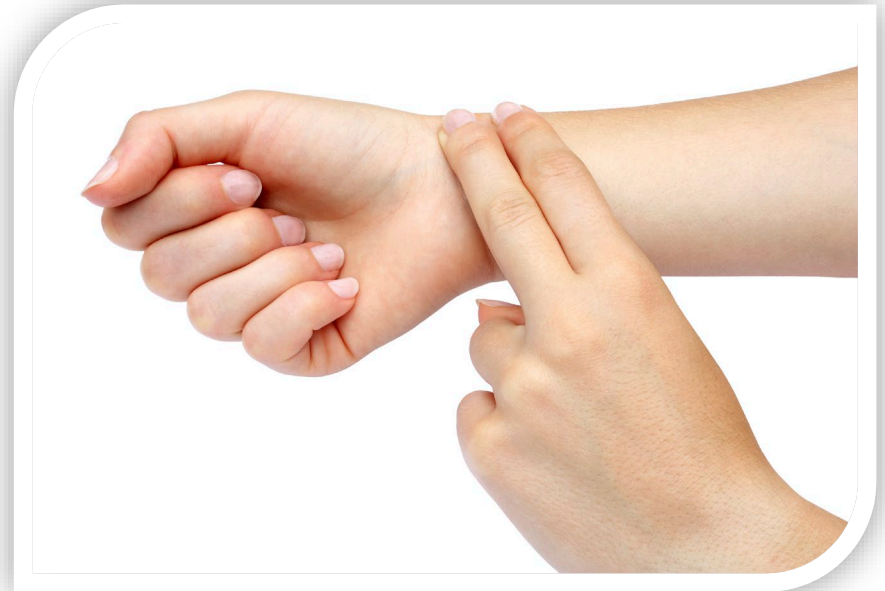
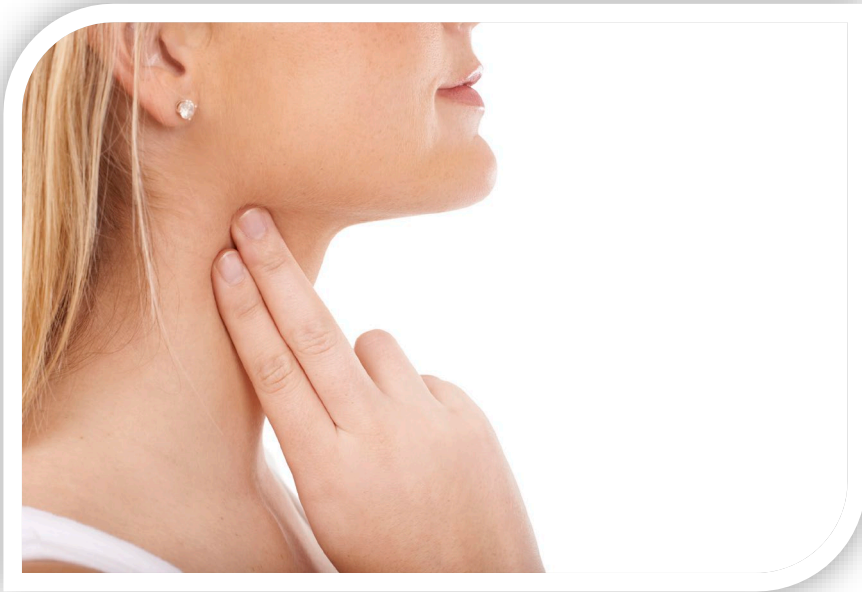


What words or actions should I change within the relationship at this time?



TAME

Take Your Pulse



TAME

Find your calm, then carry on!



TAME

Find your calm, then carry on!



Rules to Disengagement

- ✓ Agree on a time out signal
- ✓ Call your own time out
- ✓ Respect your partner's need for a time out
- ✓ Agree on a time to come back

TAME

Find your calm, then carry on!



Rules During Disengagement

- ✓ Don't dwell on the anger
- ✓ Don't plan the next "attack"
- ✓ Recall the positive qualities of your partner
- ✓ Do something that helps you calm down



TAME

Go slow and both W.I.N.!



When this happens... explain the situation briefly

I feel... briefly explain how it makes you feel

I Need... explain what you want to change

TAME

How can you both W.I.N.?



“Seriously! I can’t believe you are going out with your friends again!”



TAME

How can you both W.I.N.?



“For once I wish you would put gas in the car! I almost didn’t make it to work this morning!”

TAME

Stop it before it starts...



When this happens
(explain the
situation briefly)

I feel (briefly
explain how it
makes you feel)

I Need (explain
what you want
to change)



- ✓ Listen with full attention -
Do not interrupt, disagree,
or judge.
- ✓ Paraphrase what you hear -
Start your response by
making sure you heard the
other person correctly.
- ✓ “So what I hear you saying
is...”
- ✓ Seek to understand and ask
questions

TAME

Apply the Brakes



Common Ground

“We can tackle this together.”

“I see what you mean.”

“I see your point.”

“We are both saying the same thing.”

“I know this isn’t your fault.”

“Let’s compromise.”

Apologize

“I didn’t mean that.”

“Can I take that back?”

“Let me try again.”

“I didn’t think of that.”

“Forgive me.”

TAME

He Never Helps!



#018

Action Plan

✓ What am I doing to manage conflict in healthy and helpful ways?

✓ What can I do differently to help better manage conflict in my relationship?



TAME

Deal with differences in healthy ways

- Understand there cannot always be agreement
- Share concerns in a calm, respectful tone
- Avoid criticism and defensiveness
- Stop conflict before it escalates
- Take "time outs" but come back to talk
- Soothe and support each other
- Be open to forgiveness
- Maintain emotional and physical safety

ATTACH

Deal with differences in healthy ways

- Understand there cannot always be agreement
- Share concerns in a calm, respectful tone
- Avoid criticism and defensiveness
- Stop conflict before it escalates
- Take "time outs" but come back to talk
- Soothe and support each other
- Be open to forgiveness
- Maintain emotional and physical safety

Elevate

Taking Your Relationship to the Next Level

*Strong and
Stable Couple
Relationships
for Healthy
and Happy
Children and
Families.
#019*