

First Principles



These Principles serve as the FOUNDATION between you and your partner.

- 1 No one is more important than my partner. Nothing comes between us
- 2 Every decision I make, does it serve me of the relationship?
- 3 My partner is a good and decent person, and they come by their feelings honestly, have a right to their feelings and their feelings are valid. I do not have the right to dismiss or be offended by feelings.

Daily Monologue & Connection



- 1 What satisfied me about US today?
- 2 What did not satisfy me about US today?
- 3 What do I need help with?
- 4 Self Critique of our adherence/lack of adherence to first principles

CONNECTION

REMEMBER to build in 1.5-2 hours daily quality time, as defined by you both!

Active Listening



- 1 **LISTEN** without interruption.
- 2 **REFLECT** Make sure intent and message align.
- 3 **GENTLE RESPONSE** We are responsible for our perceptions. Ensure your response embodies honouring first principles.

PRO HACKS:

Reflection: What did you hear me say?

Empathy: What do you think a person is feeling and why?
Acknowledge and Validate the feelings of the other.
It does not mean you agree.

Response: Would you please rephrase that?

Listen to understand, not to respond

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