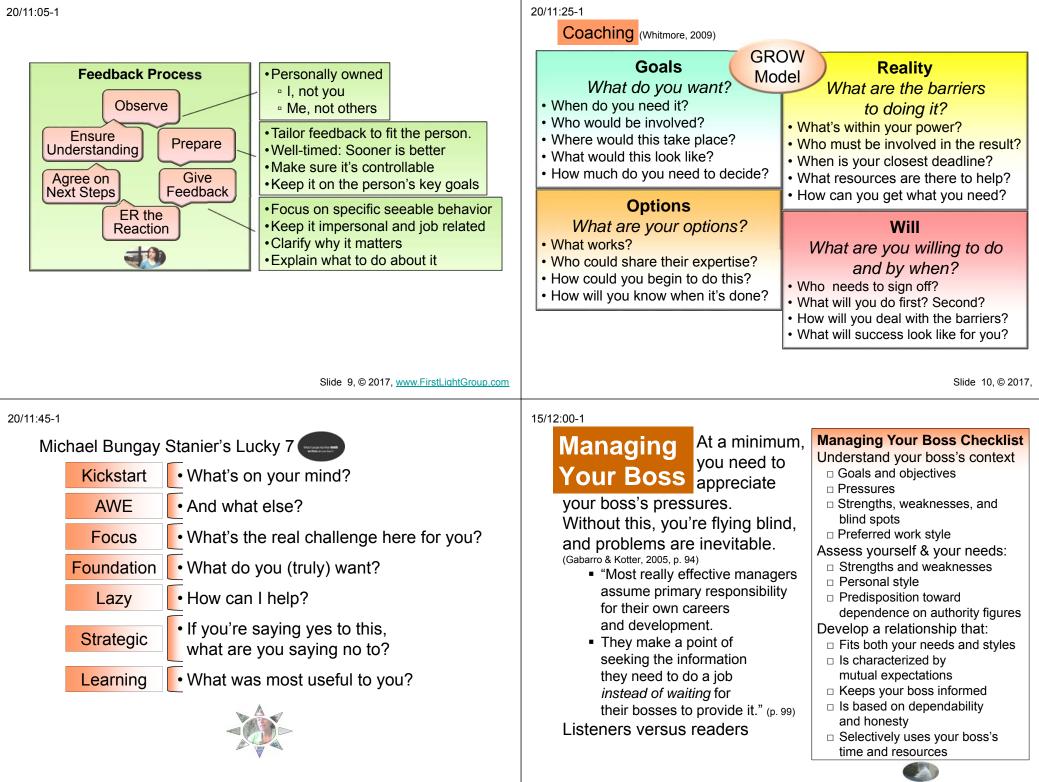


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<section-header> 150:50-1 Date it to the ER Empowerment Open-ended questions What, how, when What, how, not why Where, who, not why In the process You're interrupting negative spirals. You're helping each other think. Pou're helping each other think. Acknowledgement: closed-end clarity questions Validation Who wouldn't feel that way? That's completely understandable. In the process You're validating the other's experience. You're helping each person hear the other. </section-header>	<section-header><section-header><section-header><section-header><section-header></section-header></section-header></section-header></section-header></section-header>
 15/10:25-1 Negative Feedback People often react badly Neglect Retaliation Exits Positive-Negative Asymmetry Why bother? Overconfidence is dangerous. Quick learning matters. Can be softened. Directs and motivates behavior. Speeds up learning. Gottman 5:1 Positive sandwich Can be done effectively. 	20/10:45-1



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