



# SAFETIME

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Communication is the key to a relationship. Maybe you once communicated well, but now it's not going so well. Here's an exercise that can help you.



## SET A DATE & TIME

Set and plan for a time when the two of you can meet in private. Try meeting once a week for 30 minutes to begin with and adjust as necessary. This is a time when communication will happen and no one will get angry.

Instead of handling a situation while perturbed, potentially creating a volatile interaction, wait until your set SafeTime meeting to discuss. This is a good discipline.

It's not uncommon that by your SafeTime meeting the issue won't even be important anymore.



PERSON 1

## CALMLY STATE HOW YOU FEEL

When the two of you meet for SafeTime keep cool and avoid accusations and complaints when speaking. Be calm, clear, and direct with your grievances.

### EXAMPLE

*When you make fun of my weight in front of other people, it makes me feel hurt. I feel like you don't care about how I feel. I feel like you don't love me for me, but the person you want me to be.*



PERSON 2

## LISTEN & REPEAT STATEMENT

Listen to your partner, and repeat what was said in your own words. This is an opportunity to prove you can listen.

*Try starting with, "What I hear you saying is ...".*

**Goal:** Hear what the other person is saying and let them know how you will attempt to remedy this.

*Don't promise the world - which you can't deliver*

### EXAMPLE

*What I hear you saying is, "You are hurt when I make fun of your weight to other people".  
I didn't realize it hurts you. I will try not to do it in the future.  
If I do I give you permission to remind me and I will do my best to overcome this.*

Reverse roles. Do this several times so you get what is important to you out in the open.