

#2

Brief Reconnecting Practice (BRP) or One / One / One

Before doing the BRP, the person who requested the time out checks in with themselves and asks:

“Did doing the Self Recovery Process shift anything inside of me?”

“Am I feeling more centered in myself?”

1. Only when they **have felt a shift**, should the person who requested the “time out” say:

“I am ready to reconnect and do a brief reconnecting practice (or, 1-1-1)?”

2. If **both** are ready to continue Dialogue, *each person Pauses & sets an Intention to communicate respectfully and take turns speaking and listening.*

3. Decide which partner will speak and which will listen first:

a. Speaker respectfully shares one thought, one feeling and one need.

b. Listener Reflects with care, Validates and Empathizes

c. Speaker sincerely thanks listener and offers to listen.

TURN AROUND

d. New Speaker respectfully shares one thought, one feeling and one need.

e. New Listener reflects with care, Validates and Empathizes

f. Speakers sincerely thanks the Listener.

4. Pause and both check in with themselves if there is anything more that needs clarifying for mutual understanding.

If there is more need for mutual understanding and respect to create a positive attitude, either person can request an appointment for a Dialogue.

5. Request support (from a Counselor/Therapist/friend) if either is not able to respectfully and caringly repair the broken connection with clear understanding.

*Adapted from Kathleen Golden’s “Brief Reconnecting Practice”