

Four SAFE Skills for Building Equal Power through Communication

Stay calm.

- Use calming strategies to feel cool and collected.



Ask questions.

- Ask honest and open questions to better understand the situation.
- Don't jump to conclusions.
- After listening to your dating partner's answers, you may realize that the conflict was all a misunderstanding.

Find out feelings.

- Find out how the other person feels about the situation that is causing the disagreement. :-)
- Express your own feelings—be honest and specific, referring to the situation and what about it upsets you.
- Use "I statements" when expressing your feelings.

Exchange ideas for a possible solution.

- With all of this information, suggest possible solutions.
- Talk about which ones work best for the two of you.

For example:

I feel _____ (an emotion) when you _____ (a specific action)
because _____