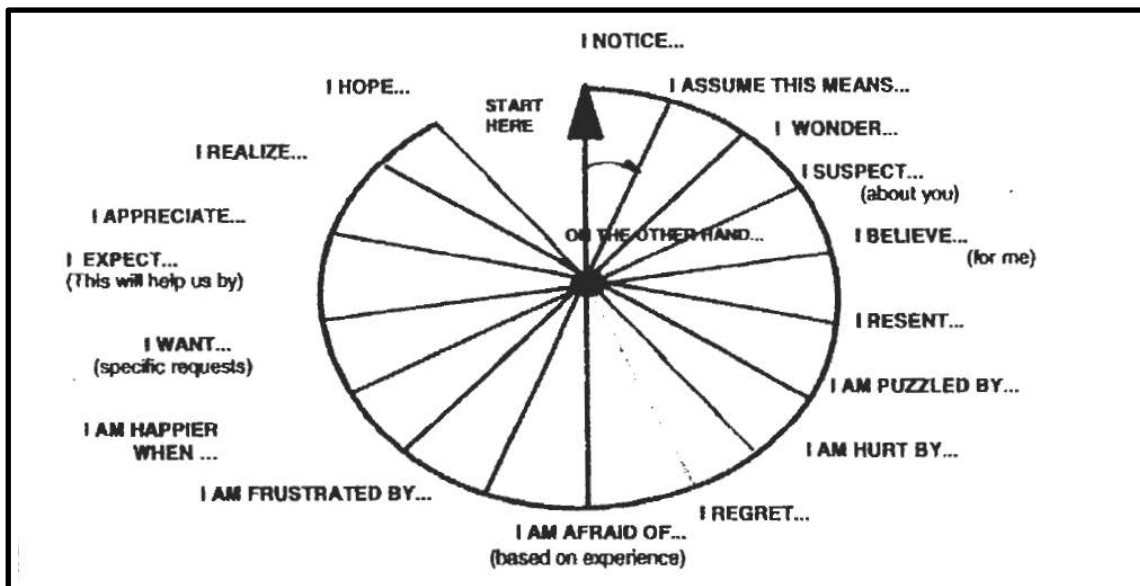




## Dialogue Guide



The PAIRS Dialogue Guide is a tool for confiding about a complaint or concern in order to avoid misunderstanding, misperceptions, or incorrect assumptions. The Dialogue Guide is helpful when the speaker has had a troubled reaction to the partner's behavior. The Guide begins by specifically identifying the behavior that has triggered the reaction: "I notice..." (filling in whatever has triggered the reaction). The speaker then completes a series of "I sentence" stems by saying the stem and then finishing it with what comes to mind. The partner simply repeats back the stems reversing pronouns. For the speaker, this is not a time to attack, guilt-trip, put-down, or break significant relationship news. For the listener, this is not a time for discussion, argument, defensiveness, explanations, rebuttals, bean counting, or emotional reactions. The Dialogue Guide is for understanding. When used with goodwill by both, you will begin to resolve misunderstandings between you and your partner.