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| **Chart for Exercise 25**  **Becoming a Good Confidant**  (*Developing Habits for Relationship Success v. 5.0)*  **Name: Date:** | | |
| 1. Make sure that you have read the section in Chapter 18 on Sustained Inviting. | | |
| 1. Ask your partner if she would be willing to set aside 10-15 minutes to talk about the highs and lows of her day. During these periods of time, she should talk about situations that don't have to do with you or your relationship. This is not the time for her to air upsets with you. It's a time for her to talk about her feelings about things or situations that don't involve you -- for example, how she feels about things that have happened at work, or in her friendships, or in her family relationships. (Give your partner the *Guidelines for the Speaker* in Chapter 18) | | |
| 1. Before you begin listening to your partner, review the [*Guidelines for Being a Good Confidant*](#Guide_Confidant) in Chapter 18. | | |
| 1. Take 5 minutes each day to prepare yourself for listening to her talk about her frustrations. During these minutes:    * Think in advance about a possible situation she may be upset about.    * Visualize her talking about it.    * Picture yourself having the urge to give her advice or to cheer her up.    * Relax your body. Take a big inhale and then let the air out slowly. Temporarily let go of the urge to give your opinion or cheer her up. Invite a sense of calmness and non-urgency. Remind yourself, “There’s no rush. I can tell her my opinion later if she wants it. Right now, my job is to help her feel understood and supported.” | | |
| **Yes** | **No** |  |
|  |  | As you pictured yourself doing these things and saying these things to yourself, did you engage in one inhale and a long, slow-release exhale while inviting good feelings to come up inside of you? |
|  |  | Did you remember to pull your shoulders back and symbolically open your heart while you were inviting good feelings? |
| 1. When you have the conversation with her in real time, try to do the things you have practiced in step 4. | | |
| 1. After the live conversation, take a few moments to reflect back on the conversation, and complete the chart, “Your Experience Listening” on the following page. | | |