

## **The Seven Steps of Good Talk**

- 1. Commitment That the Talk Will Lead to a Stronger We**
- 2. Assumption That Love Is in the Room**
- 3. Choose a Time and Place**
- 4. “ I Feel . . . ” “ You Feel . . . ”**
- 5. “ What Can We Do to Make This Better? ”**
- 6. Signing Off on the Plan**
- 7. Expressing Gratitude**