

DANGEROUS WORDS SAFE WORDS

From The Power of Two: Secrets to a Strong & Loving Marriage
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No-Fly List	Safe and Reliable
<p><i>But</i> It's raining <i>but</i> ...</p>	<p><i>And</i> or <i>And at the same time</i> It's raining, <i>and at the same time</i>....</p>
<p><i>Not</i> It's <i>not</i> cold. It <i>isn't</i> cold.</p>	<p><i>is, are</i> It's warm here.</p>
<p><i>You</i> (as the sentence subject) <i>You</i> seem hostile. <i>You</i> start our fights.</p>	<p><i>I</i> <i>I'm</i> concerned about what feels to me like a hostile tone. <i>I</i> am engaging in fights with you. <i>When you</i> sound irritated, <i>I</i> get defensive.</p>
<p><i>We</i> We fight too much</p>	<p><i>I</i> I am participating too much in fights with you.</p>
<p>[<i>You, It</i>] <i>Make me feel</i> Fights <i>make me feel</i></p>	<p><i>I feel</i> <i>I feel</i> terrible after fights and resentful toward you.</p>
<p><i>Should</i> I should just leave....</p>	<p><i>Could, would like to</i> <i>I could</i> just exit. <i>I would like to</i> go into another room ...</p>
<p><i>Always/never</i> Criticism <i>always</i> hurts.</p>	<p><i>Often, occasionally</i> Criticism <i>often</i> hurts my feelings.</p>
<p><i>Are you, Do you, Have you</i> ...</p>	<p><i>How do you feel about... ? What do you think about ...?</i></p>
<p><i>Why can't you</i> ... <i>Why don't you</i> ...</p>	<p><i>Could you</i> ...please? <i>How would you feel about...? What do you think about...?</i></p>
<p><i>I would like you to</i>... <i>I would like you</i> to stop talking to me that way.</p>	<p><i>I would like to</i> <i>I would like to</i> find a way to keep our talking cooperative or else both take a time-out instead of getting into arguments with you.</p>