

# The Reunite Tool

## Complainer Steps:

**Pre-step-** Say what your partner is doing wrong without saying "you, always, or never" in 8-10 words. "This is about \_\_\_\_."

### 1-Progress.

Compliment them on any progress they've made within the past 6-12 months on the behavior you want to complain about. "Thank you for improving by \_\_\_\_."

### 2-Benefit of the doubt.

**A-** Comment on how their past may have influenced their difficult behavior. "It makes sense that \_\_\_\_\_. Is that right? What else from your past may have contributed?"

**B-** Comment on how their circumstances (excluding your marriage) may have contributed to their difficult behavior. "It makes sense that \_\_\_\_\_. Is that right? What else from your circumstances may have contributed?"

### 3-Your part.

**A-** Comment on how your behavior may have influenced their difficult behavior. "I acknowledge that I've \_\_\_\_\_. Is that right? How else have I contributed?"

**B-** Comment on how their difficult behavior may be tapping into a wound or violating a value from your past. "I'm also bringing a sensitivity to this topic because it taps into \_\_\_\_."

### 4-Complaint.

"There's been a pattern of \_\_\_\_, it makes me feel \_\_\_\_, and it taps into my core need for \_\_\_\_."  
(Can't say you, always, or never)

## Listener Steps:

### 1-Summarize

**A-** Summarize their complaint "So you feel there's been a pattern of \_\_\_\_ and it makes you feel \_\_\_\_ and it taps into your core need for \_\_\_\_, is that right?"

**B-** Apply the 50% rule by thinking about what part of the complaint you're guilty of.

### 2-Ownership

“I own I have a tendency to \_\_\_\_.” (allow for a moment of silence so it feels more genuine)

### **3-Empathy**

“I can see how my tendency to \_\_\_\_ would make you feel \_\_\_\_.” (allow for a moment of silence so it feels more genuine)

### **4-Apology**

“I’m sorry for how my tendency to \_\_\_\_ makes you feel \_\_\_\_.” (allow for a moment of silence so it feels more genuine)

### **5-Make Amends**

Think about changes you can make moving forward on the part you’re owning that would also work for you. “Moving forward, how about I \_\_\_\_\_. What do you think? What else would you appreciate?”