

# RUPTURE

Remember that fixing the ruptures are what will hold you together. The conflict that you're having now is what can nurture and even save your relationship. **Don't let it slip by. (See instructions on other side)**

## Turn Card Over For Instructions

Preparation (this side is for partner giving the card)

1. Understand why this is important to you.
  - a. What's at stake for you?
  - b. What is the fear or worst case scenario?
  - c. What's your history (both before your partner & with your partner?)
2. Your perspective is valid. You need to embrace that. Your partner's reality is also valid. If you ever want to be understood – you've got to keep an open mind.
3. Figure out a time to talk about this. (see instructions on back)

## The Talk

1. Give your partner one appreciation (I know this is hard – but you want this conversation to go better than before. Just do it.
2. Each partner takes turn explaining their reality of why the situation is important (see question #1 above).
3. Make sure both partners feel understood (you don't have to agree at all – you just need to understand).
4. Take turns discussing what you need from your partner
5. See if there's a compromise (if applicable)

**\*NOTE: Remember that Master Couples are Relentless in their pursuit to find out why their partner did something. They understand that convicting their partner without a trial is bad news for everyone.**

## 2 Possibilities for When We Could Discuss this issue:

- 1.
- 2.

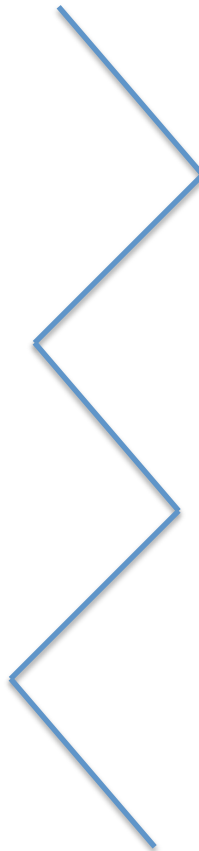
Preparation (Turn Card Over for Instructions)

1. Understand why this is important to you.
  - a. What's at stake for you?
  - b. What is the fear or worst case scenario?
  - c. What's your history (both before your partner & with your partner?)
2. Your perspective is valid. You need to embrace that. Your partner's reality is also valid. If you ever want to be understood – you've got to keep an open mind.
3. Figure out if a time your partner wrote above will work for you.

## The Talk

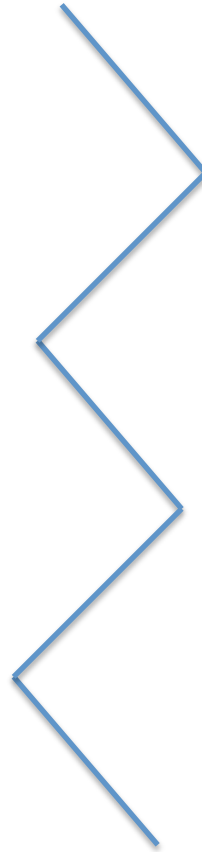
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### Instructions for Partner Receiving the Rupture Card

1. First off – don't panic. You aren't being punished. It might seem messed up – but you are being given this card because your partner loves you. Your partner needs to connect to you. If your partner didn't – he or she wouldn't waste their time with this stupid card. They would just yell at you and tell you off (or give you the cold shoulder).
2. You're partner feels there has been a rupture and he or she wants to repair that rupture to feel close to you. Take a deep breath. You can do this.
3. Repairing ruptures provide the glue for long-term stability. Don't let this opportunity slip by.
4. Go through the 'Preparation steps on the other side of this card.
5. Figure out a time to talk.
6. Try to remain open minded.



### Instructions for Partner Giving the Rupture Card

1. Picking up this card is a brave act. Good for you for taking your life in your own hands. If you avoid this conflict you know how it's all going to turn out.
2. Remember that repairing ruptures isn't about punishment. If you want to punish your partner just go yell at them – or give them the cold shoulder.
3. Repairing ruptures is critical to your relationship's long term stability. Do the work and you will see the rewards.
4. RIP THE CARD IN HALF. Put some feeling into the action.
5. Propose 2 times you and your partner can talk by writing the times on your partners half of the card.
6. Go through the preparation questions on your half of walk or do something else to get you calmed down.
7. Give your partner their half of the card by:
  - a. Giving it to them directly
  - b. Leave it somewhere your partner can't miss.
  - c. Scan and e-mail it to them.