



Tell what happened, directly and briefly

Affected me– It affected me... (feelings)

Nurture A nurturing, valuing statement

Get it? Reflect what you heard to make
sure you understood

Observe how this conversation is
affecting you both right now.

Rules for the TANGO

1. Take turns being the leader of this dance. Only one listener and speaker at a time.
2. Be brief when you're the speaker.
3. Don't try and solve the problem. Just work to understand the other person's perspective, feelings, and hopes for the issue.
4. If either of you feel emotionally flooded, take a break and cool down.
5. Affection, valuing statements and tender touch is needed. Being positive will make the conversation go well.



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