



DEEP HEART SHARING “DHS” PROCESS

Sit facing each other looking into each other's left eye. Take several deep breaths and relax your face.

Remember to pause and take a breath between each person's turn and between steps.

This will help each person receive the information better.



1) APPRECIATIONS

One person starts by completing the sentence...

One thing I appreciate about you is _____.

The other says: "Thank you."

Then switch roles.

2) HEART SHARES

The first person tunes into their heart.

Take a deep breath.

"If my heart could speak to your heart, it would say _____."

(Take your time. This is not rehearsed. Notice what bubbles up in your heart when you focus your attention on it).

The listener can ask, "Is there anything else?" or "Do you feel complete?" When the speaker is complete, the listener says: "Thank you."

Then switch roles.

3) BOUNDARIES

It's likely you will only have to speak a boundary on occasion.

"In order to be in this relationship with you, I need _____."

4) REQUESTS

Most requests should be in the form of a question beginning with:

“Will you ____?” or “Would you ____?” or “Could you ____?”

Or it could start with, "I want to _____. How do you feel about that?"

Make sure you are asking them to do something, as opposed to asking them to NOT do something.

Make the request SMART

Specific

Measurable

Attainable

Realistic

Time bound

Once the request is made, before the listener answers, take a moment to acknowledge and appreciate them for the courage to ask for what they want.

Then tune into yourself to decide what your truth is before you answer.
(Feel free to ask clarifying questions if necessary)

You can then answer in one of these 5 ways:

- a) Say “Hell Yes!”
- b) Say “Yes, and ____” (Yes your mother can come live with us AND I want to be the one who invites her.)
- c) Say “Yes, but ____” (Yes your mother can come live with us BUT not until the second bathroom is finished.)
- d) Say “I’ll think about it and get back to you.” You can give your reply at the next DHS session or sooner.
- e) Say, “No I can't agree to that. But tell me more about why you want that?”

If the answer is NO, try to find out the underlying basic need and negotiate at the level of human needs. Use the Needs Inventory (Google: NVC Needs Inventory).

The speaker can say: “Thank you” or “Yes I can accept your answer.”

If you get stuck in the negotiation process, put it aside and bring it to your coach.

Then switch roles.

If either of you gets triggered, take a TIME OUT and come back to it when you are more emotionally regulated. (calmer).

End the process with a hug

** It's important that partners who live together, or see each other more than once a week, create a standing appointment each week to do this.

** Partners who only see each other on occasion can do this at the beginning of their time together.

