

1. Be accessible with feelings, fears, and needs.
2. Stay emotionally present and tune into emotions.
3. Recognize the negative cycle with automatic thoughts and protective behaviors.

# A

ACCESSIBLE • RESPONSIVE • ENGAGED



1. Be emotionally responsive to the emotional experience, not provide solutions.
2. Validate emotions.
3. Acknowledge how difficult it is when there is a disconnect.

# R

ACCESSIBLE • RESPONSIVE • ENGAGED



1. Be emotionally engaged.
2. Keep positive eye contact and body language.
3. Reassure the courage and strength it takes to share emotions. You're not alone.

# E

ACCESSIBLE • RESPONSIVE • ENGAGED



