

# The *River Float* Method

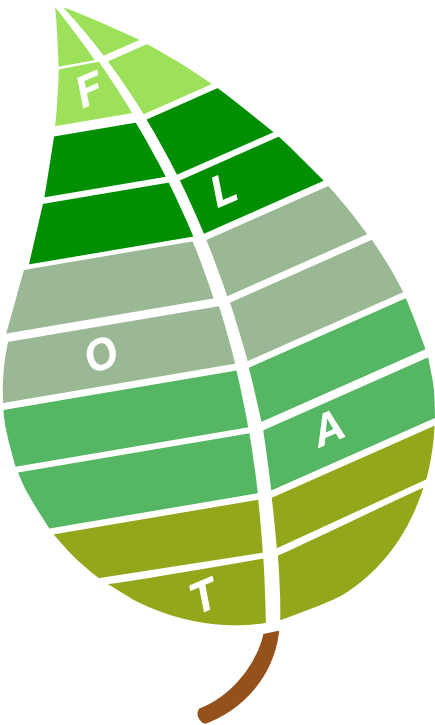
The *River Float Method* is a guide for helping you and your loved one *flow* through moments of misunderstanding, hurt or other types of conflict. The goal is for each person to feel understood; once that happens there is enough information and empathy to find a resolution that both of you can accept. This method works by each person taking a turn at being the Sharer and the Listener, while interrupting one another while each of you are going through the steps.



## F.L.O.A.T. (The Sharer Role)

Goal: Like a leaf floating down a river, gently share your perspective on what happened and what you feel. Be careful not to blame or assume anyone else's intent; stick with "I" statements.

- Face the Fears** Humbly share what makes you nervous concerned about sharing.
- Lean into Love** Express your care for the relationship as the primary motivator.
- Observe Objectively** State your perspective on the facts and events that are concerning.
- Authentic Affect** Express with your words and body what you are feeling.
- Toll & Tips** Explain the impact on the relationship & make requests/suggestions for next time



## R.I.V.E.R. (The Listener Role)

Goal: Like a river, flow with what the other person is sharing in order to understand **their** experience. This will mean suspending your own perspective and not interrupting. Complete all 5 steps before you take a turn at being the Sharer.

- Reflect** "I think what I hear you saying is..."
- Inquire\*** "Did I get that right?"
- Validate** "It makes sense that you (felt, did, thought, decided) ..."
- Empathize** "I can imagine if I were in your skin, I would (feel, do, think, decided)..."
- Repeat** (round #1) "Would you be open to me sharing my"

