



FINDING SOLUTIONS

TOGETHER

counselling | psychotherapy | supervision

Talk Time

Talk-time is a communication technique often used to broach tough topics. When we have experienced intense conflict over certain topics our body records and remembers the physical tension. Topics that have historically led to conflict, when raised later on, can trigger the body's flight or flight response and reactivity. This is not conducive to healthy communication. We suggest such topics are tabled and only discussed during talk time in order to retrain the body and mind to remain calm and relaxed during discussions, negotiations and problem solving.

Following the talk time exercise serves to compartmentalize concerns, stay on the one issue, and free up the rest of the day/week to enjoy your day-to-day life with each other.

Talk time is **no longer than 10 minutes**. Each person is given three to five minutes (setting a timer helps to ensure times are equal). During this time the speaker expresses their concerns, thoughts and feelings. **The listener just listens**. The listener neither agrees nor disagrees. They will have their opportunity to present their position on a separate issue.

Some people find it helpful to **have their points prepared in advance**. Sharing positives along with the change feedback is also encouraged.

The speaker and the listener reverse roles, allotting the same amount of time (3-5 minutes) to the new speaker.

After talk time **plan to do something that you both enjoy**.

Concerns that come out of a talk time are tabled for another sharing session. Be sure to **alternate who goes first each session** and enjoy the deeper levels of communication that can result from practicing talk time on a regular basis with your loved one.

