

Couples Communication: TANGO

What are issues that couples face in communicating?



Research-based principles of couples communication

- Emotionally soft, not porcupines (Greenberg)
- 4 horsemen of the apocalypse (John Gottman)
- Remaining positive (5:1 ratio)
- Apologizing and Forgiving often and easily
- Accepting influence
- Slowing down and playing by rules (Markman & Stanley)



TANGO

- T Tell what happened/happening
- A Affected me
- N Nurture
- G Get it
- O Observe effects

There are rules to the TANGO

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

TANGO Goals

- Slow down communication
- Increase the couples' consciousness of what and how they are communicating to each other
- Teach couples to use "I" statements in their communication
- Teach couples to "check in" to make sure they understand what their partner has said
- Increase the positive valuing statements during communication
- Create structure in communication to prevent numerous communication problems

Let's try it

- I will need a volunteer couple

Building Great Relationships

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