

Did I get it?  
Is there more about that?



When I feel... , it reminds me of  
a time in the past when I felt...  
-or- did not feel...

Let me see if I got that...  
Did I get it all?  
Is there more about that?



*Continue the process until the Sender agrees the Receiver got it.*

### SUMMARIZING

Let me see if I got all of that.  
In summary, you are saying...  
Did I get it all?



Yes, you got me.  
-or-  
The part you got was...  
and I also said...

### CLOSURE



Thank you for listening.

Thank you for sharing.



*Couples: Give each other a one-minute, full-body hug*

*Non-romantic partners: Make a simple touch gesture  
to seal the connection, like a handshake or high-five.*

### SWITCHING ROLES

*When all the steps are completed, switch roles and repeat the process.*