

# Evolve

## Your Communication



[www.evolvedmarriage.com](http://www.evolvedmarriage.com)

 [evolved\\_marriage](https://www.instagram.com/evolved_marriage)

# The Language of Accountability

1 SAY "I" WHEN YOU MEAN "I".

2 AVOID USING "YOU", "WE", "IT" WHEN TALKING ABOUT YOUR OWN EXPERIENCE.

"We never do anything anymore" VS. "I miss spending time with you"

You are externalizing your experience.

It makes it sound like it's everyone feels the same way.

The only way someone with a different experience can engage you is by disagreeing with you.

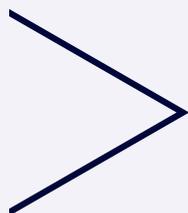
You are more accountable for what you say.

Easier for people with different experiences to engage with you.

More interesting and energized conversations.

Remember, feelings are felt in the body. If you can't locate the sensation associated with a feeling it's probably not a feeling.

- I feel like...
- I feel that...
- I feel as if...



what comes next is almost never a feeling

# What's The Difference?

## FACT

These are Facts, everyone can agree on them. Can be proven in a court of law. These are not good or bad, they just are.

## STORY

- judgments
- ideas
- beliefs
- assumptions
- opinions

This is the story you create around facts

## EMOTION

Usually, a single word describing a sensory experience in our body.

Sad, Mad, Happy, Scared  
Feelings are not good or bad, they are neutral.

## ACTION

What you do (or don't do) when you are having an emotional experience.

This will often move you towards, or away from your desired outcome.

# Head vs Heart Voice

## HEAD

VS

## HEART

Pointing to the past

Fear, doubt, weakness,  
failure, judgment,  
shame

Rooted in scarcity

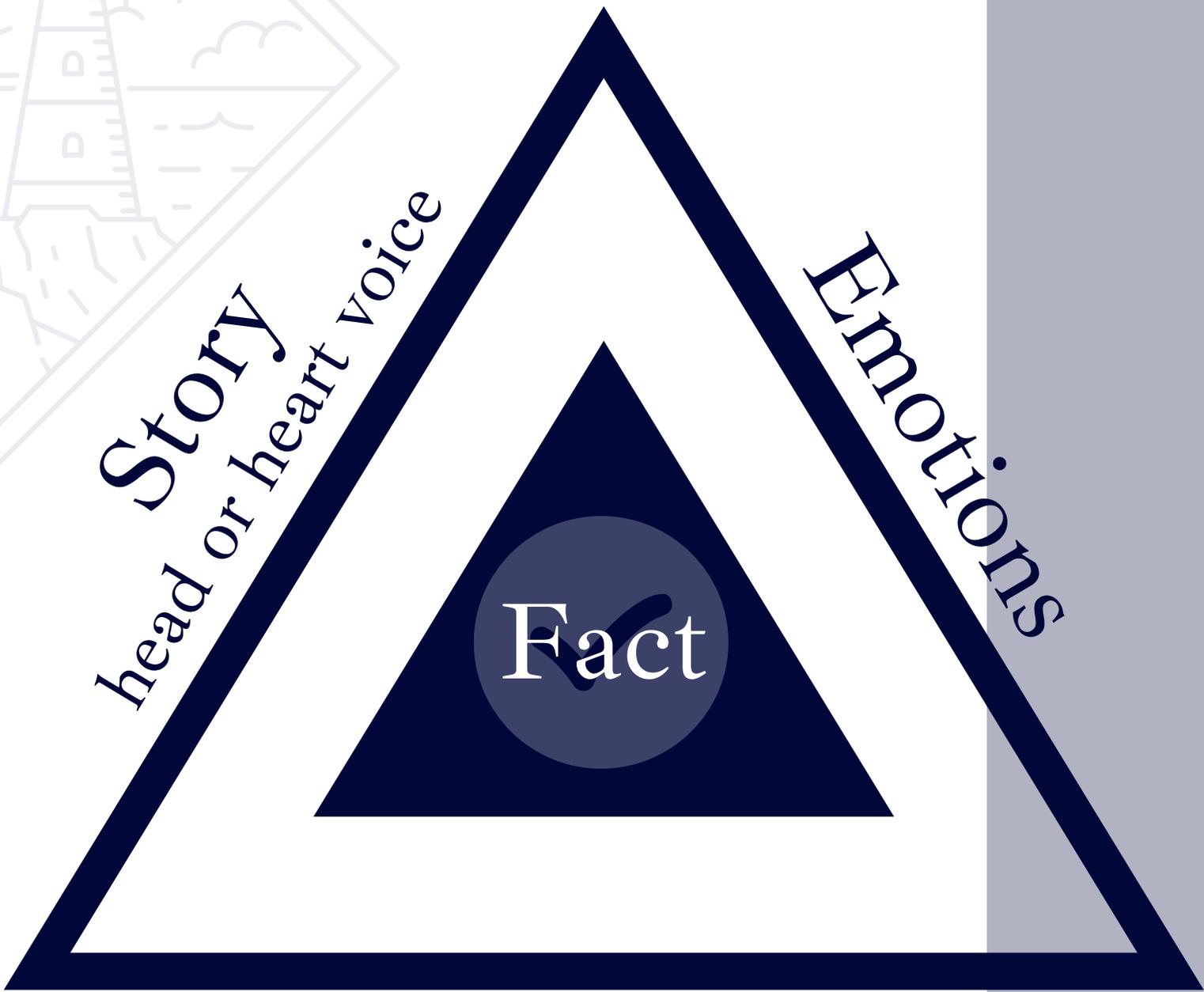
Pointing to the future

Hope, faith, strength,  
purpose, potential, love

Rooted in abundance

## NOTES

# The Clarity Model



# Exercise

## Your Old Story



FACTS

HEAD STORY

FEELING

HEAD ACTION

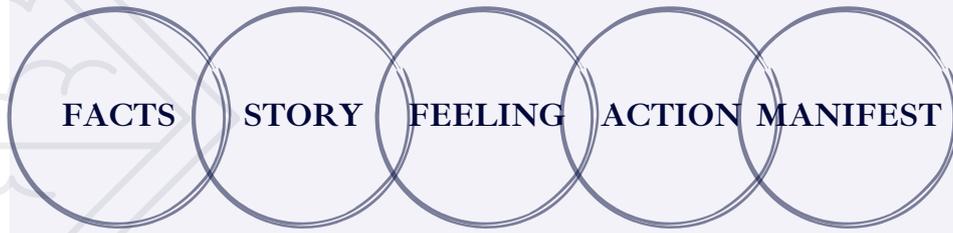
HEAD MANIFEST

**Because (head story):**

**I'm currently (head action):**

# Exercise

## Your New Story



FACTS

HEART STORY

FEELING

HEART ACTION

HEART MANIFEST

**Because (heart story):**

**I will (heart action):**

# Exercise

## Using the Clarity Model

### EXERCISE TO DO WITH YOUR SPOUSE

#### SPEAKER

1. Think of a situation you are facing that you'd like more clarity around.
2. Either print out or draw the Clarity Model on a piece of paper.
3. Take 5 minutes to describe your experience while holding up the Model and pointing your finger at which aspect of your experience you're describing.

#### LISTENER

1. Make note of how many times your partner touches on each element of the Model.
2. When your partner is done, summarize everything you heard by starting with "Sounds like you feel \_\_\_\_\_ because....".

#### SPEAKER

Point out any aspects of your experience that need more clarity for your spouse

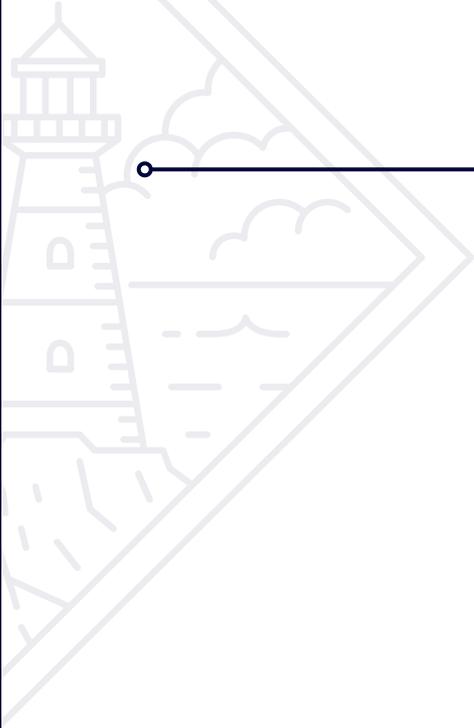
#### DEBRIEF

What was it like describing your experience in this way?

**SWITCH ROLES AND TRY AGAIN.**

# Notes

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