

# Positive Active Responding PAR

**SHARE:** Share a dream, triumph, or struggle with your partner. (Partner 1)

**LISTEN:** Actively listen to what your partner is saying. Ask if you 'got it' by summarizing what you heard from your partner. (Partner 2)

**ASK:** Ask for clarification if you didn't 'get it'. (Partner 2)

**SHARE:** Share what your partner did that helped you feel loved, supported, and understood. (Partner 1)

**SWITCH:** Switch roles and repeat the process

**DO:** Start practicing this in your day-to-day lives!