

TANGO – Worksheet for Communication

Speaker:

T: Tell what happened directly and briefly

This is the time to tell your partner about your perspective. Be brief and to the point, like a news reporter.

A: Affected me

At this point, share how what happened affected you. Try to use a feeling word (hurt, mad, scared, etc.)

N: Nurturing statement

Tell your partner something you appreciate or value about them.

Listener:

G: Got it?

Reflect back what you heard your partner saying. You don't have to get it word-for-word, but do try to get the main points of what happened, how it affected them, and the nurturing statement.

O: Observe effects

At this time, both of you should take a step back to see how the conversation is effecting you emotionally. If either of you feel you are becoming too emotional to talk right now, take a time out and come back to the conversation at a later time.

If you both feel ok to keep talking, then keep TANGOing. At this point, speaker and listener will switch so that the other person can share their perspective.

Keep taking turns being speaker and listener until you feel that you have talked through the issue and understand each other's perspectives.



