

Floor Tile Exercise Instructions

It's simply the concept that I assign them to sit down and discuss ONE thing that they disagree about (school choice, whether to redo the kitchen, etc.)

- One person goes first and has 'the floor.' They say everything they want to say about this issue and what's most important to them while the other person doesn't interrupt, ask questions or anything.
- When they finish, the spouse has to summarize or say what they've said in such an accurate way that the one that was sharing says, 'That's it. Yes.' They don't have to agree. They simply have to be able to accurately state what has been said. If the spouse says, 'No, that's not what I was saying' (and that's often what happens) then they get to re-state and explain their view again until the other person can summarize it accurately.
- Then and only then the other person gets to share their view or perspective while the first person listens, doesn't interrupt, etc. When they've finished the other has to summarize what they've said accurately, so that the one who was listening says, 'Yes, that's it. That's what I think about this.'
- I don't want them to try and solve the problem. I just want them, maybe for the first time, to truly listen to each other and try to understand why their spouse thinks and feels the way they do on that issue.