

START METHOD

The START Method is a communication pathway designed to foster deeper connections in relationships. It guides you through initiating and navigating conversations with clarity and compassion. By emphasizing reflection before reaction, it encourages individuals to engage in discussions with the goal of mutual understanding, not victory. This method not only facilitates more meaningful exchanges but also strengthens the emotional bond between those involved.



S - START
T - TAKE A BREATH
A - APPROACH
R - RELATE
T - TALK

S - Start

Begin by defining the purpose of your conversation. Reflect on your message and ensure it's delivered with the intent to understand and connect, not to compete or conquer.

T - Take a Breath

Your tone is critical—take a breath to find your center. Speak from peace and sincerity, leaving any anger or blame behind.

A - Approach

Approach the dialogue with gentleness and a mindset geared towards sharing and comprehending rather than debating. Ensure a safe space for open, non-judgmental communication.

R - Relate

Use "I" statements to express your feelings about the issue clearly, fostering empathy rather than defensiveness.

T - Talk

Engage in the discussion with active listening. Listen, then paraphrase back to ensure both parties have a mutual understanding before moving forward. Remember that the goal is understanding the other – whether you agree or not - through a conversation – not to “win” an argument.

Note: If the tone escalates to the point of aggression, then utilize the [STOP Method](#).