

## Sharing Withholds

“If it is possible, as far as it depends on you, live at peace with everyone.”

Romans 12:18

We have positive things and negative things that we withhold in our relationships. Once a week for ten minutes, share your withholds with one another.

1. Ask: “Would you like to share withholds?”
2. If partner agrees, write on scrap paper two positives and one negative withhold that you have had in the last 48 hours.
3. By turn, share as follows:
  - a. Share one positive withhold.
  - b. Partner responds with “Thank-you” or “Thank-you for sharing that information.”
  - c. Share the negative withhold.
  - d. Partner responds with “Thank-you.” No other conversation or response is allowed at this time.
  - e. Share the remaining positive withhold.
  - f. Partner responds with “Thank-you.”
4. The remaining partner then shares in the same format as above. They must stick to their original 3 withholds.
5. No further response or discussion is allowed for at least 30 minutes. It takes 20-30 minutes for our threat receptors to return to normal in the presence of a perceived threat. Discussing negative withholds while in a state of defensive arousal is counterproductive to building positive communication experiences in your relationship.

Source: Les and Leslie Parrott, (2005). AACC World Conference 2005. Nashville, TN.