

The
Argument
Action Plan

With The Evolved Therapist
Coco Nelson MA LPC EMDR

Meet Coco

Coco Nelson is a Trauma Therapist & Somatic Healer. She is the founder of The Evolved Therapist and the movement into transformational therapeutic experiences.

She is passionate about changing the process of healing and being “the other option.” Disrupting the traditional therapy model and redesigning the healing process with more emphasis on in-person experiential transformation & modalities that use the body to heal the mind.

By transitioning into the healing field Coco has been able to teach, speak and lead others using her podcast, creating masterclasses, self led healing courses, retreats, and healing groups that support you in the moment versus just in one hour every week.



Argument Action Plan

The 6 R's

“A proactive plan to help address recurring arguments, and help facilitate recovery and change”

Put this action plan right on the fridge and grab it when you need it most.
Go through each step one by one and see your relationship recover and repair after a conflict

Step 1: Readdress and Retreat

What do you need immediately after the argument, or when you interact with the person again?

Step 2: Review the facts

State only what you remember happening, not the emotional experience behind it.

Step 3: Receive the facts

What do you both need in order to process the statements made above?

Step 4: Reveal how you feel

Each person takes a turn sharing what emotions came up during and after the event.

Step 5: Results from the event

Establish a relevant boundary or a consequence to enact change and recovery moving forward.

Step 6: Recovery in the relationship

Discuss timeframe and check in around belonging, worth, and commitment.



NEXT STEPS

I know it's hard to stay calm and level-headed in the heat of the moment especially if your partner is heated or checked out.

The best thing you can do is regulate. Take a minute away to compose yourself before any conversations can be had.

If you're finding you need a little guidance with this you can try my Reactive to Responsive mini-course (or gift it to your reactive partner). Let's learn to regulate with 3 simple videos.

I've also added a bonus breathwork session to help bring you back in the moment. I'm a firm believer that you need to guide your body not just your mind to a regulated state.

You are not alone.

- *Coco*

TIP

(Use code 'relationship'
for 50% off the
Reactive to Responsive
mini course)

