



# Chapter 8: Deepening Meaningful Relationships

Communication · Trust · Shared experiences

NUDGES

NOTES

MID-CH LAB

GOOD LIFE LAB

## NUDGE 8.1

### Revisit a Conversation That Went Sideways

Think of a recent conversation that felt off: tense, awkward, or unresolved. Receiving feedback or navigating difficult conversations is often treated as a passive act — but Stone and Heen reframe it as an active process of sense-making.

WHAT WAS SAID:

HOW IT MADE YOU FEEL (IN YOUR BODY AND YOUR MIND):

ANY SIGNS YOU MISSED (NONVERBAL CUES, TONE CHANGES, SHIFT IN ENERGY):

MENTALLY REWIND — COULD A PAUSE, ACTIVE LISTENING, OR AN 'I' STATEMENT HAVE SHIFTED THE ENERGY?

## NOTE 8.1

### Map Your Communication Style

We each have a communication 'default.' Take 10 quiet minutes to reflect. There are no right answers — only honest ones.

DO YOU TEND TO BE DIRECT OR MORE CAREFUL WITH WORDS?

HOW DID YOUR FAMILY OR CULTURE HANDLE DISAGREEMENT OR STRONG EMOTIONS?

ARE YOU COMFORTABLE WITH SILENCE, OR DO YOU RUSH TO FILL IT?

WHEN SOMETHING MATTERS DEEPLY — DO YOU EXPRESS VERBALLY, PAUSE TO PROCESS, OR SHOW EMOTION THROUGH TONE/BODY LANGUAGE?

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**NUDGE 8.2**

### Spot the Green Flags

Reflect on a relationship where you felt safe being vulnerable. Safety in relationships isn't just about what people say — it's about what they consistently do over time.

WHAT DID THE OTHER PERSON DO (OR NOT DO) THAT MADE YOU FEEL SAFE?

WHAT SIGNALS HELPED YOU TRUST THAT YOUR STORY WOULD NOT BE USED AGAINST YOU?

THIS IS YOUR REFERENCE POINT — WHAT PATTERNS TO HOLD NEW RELATIONSHIPS AGAINST:

**NOTE 8.2****Bi-Directional**

Now reverse the lens. Reflect on a time when you received someone else's vulnerability.

HOW DID YOU RESPOND?

WHAT DO YOU FEEL YOU DID WELL?

WHAT WOULD YOU DO DIFFERENTLY NOW?

**MID-CHAPTER GOOD LIFE LAB****Communication Styles, Boundaries, and Bridges**

Explore a communication framework, then map your boundaries and bridges.

**PART 1: EXPLORE A COMMUNICATION FRAMEWORK**

FRAMEWORK I EXPLORED:

- DISC Model (Dominant, Influencing, Steady, Conscientious)
- Nonviolent Communication (NVC) — 4 steps: observation, feeling, need, request

WHAT RINGS TRUE:

WHAT SURPRISES ME:

WHERE THIS MIGHT HELP ME NAVIGATE TENSION OR DEEPEN CONNECTION:

**PART 2: MY BOUNDARIES + MY BRIDGES**

MY RED FLAGS FOR VULNERABILITY (PATTERNS THAT MAKE TRUST UNSAFE FOR ME):

BOUNDARY STATEMENT 1:

BOUNDARY STATEMENT 2:

BOUNDARY STATEMENT 3:

MY BRIDGES — 2-3 PEOPLE WHO HAVE EARNED MY VULNERABILITY + WHAT THEY'VE SHOWN OVER TIME:

**NUDGE 8.3****Reflect on a Moment of Shared Clarity**

Think of a time when you and someone close talked through something that brought you closer in understanding. These moments are often quieter than we expect.

THE SITUATION:

WHAT I ASSUMED BEFORE THE CONVERSATION:

WHAT SHIFTED DURING OR AFTER:

WHAT IT FELT LIKE TO UNDERSTAND, OR BE UNDERSTOOD:

**NOTE 8.3****Explore What Made That Moment Possible**

Understanding the conditions that made that conversation possible can help you recreate them.

WHAT MADE HONESTY FEEL AVAILABLE:

- |   |  |
|---|--|
| <input type="checkbox"/> Right timing                       | <input type="checkbox"/> Calm tone   |
| <input type="checkbox"/> Curiosity instead of defensiveness | <input type="checkbox"/> A repair attempt ('Wait — help me understand')      |
| <input type="checkbox"/> One person went first              | <input type="checkbox"/> A clear intention (not winning, just understanding) |
| <input type="checkbox"/> Humor / softness                   |  |

WHAT MADE LISTENING FEEL POSSIBLE:

WHAT I OFFERED, EVEN QUIETLY:

WHAT THEY OFFERED, EVEN SUBTLY:

A CONDITION I WANT TO CREATE AGAIN:



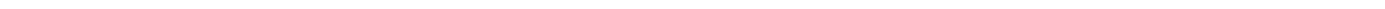
**NUDGE 8.4**

## Notice What You Have Built Together

Think about someone you feel close to. Shared experiences are the connective tissue of close relationships.

ONE SHARED MEMORY THAT STILL MAKES YOU SMILE:

WHAT IT SAYS ABOUT YOUR CONNECTION, IN ONE WORD:



**NOTE 8.4****Reflect on What Is Missing or Ready for More**

Choose one relationship where the connection feels steady but maybe overly familiar. What would it look like to deepen it, not fix it?

WHEN WAS THE LAST TIME YOU SHARED SOMETHING NEW WITH THIS PERSON?

NAME ONE 'SOMEDAY' THING YOU'VE TALKED ABOUT — WHAT'S THE DOABLE VERSION?

CONCRETE NEXT STEP (LOOK UP A TRAIL, PICK A RECIPE, CHOOSE A MUSEUM + DATE):

**GOOD LIFE LAB****Designing Shared Moments**

Design and try two experiences over the next 30 days — one mini, one sustained.

**MINI-EXPERIENCE (15–90 MIN) — SOMEONE YOU LIVE WITH**

WHAT WE'LL DO + WHEN:

HOW IT WENT / WHAT WE FELT:

**SUSTAINED MOMENT (HALF-DAY OR MORE) — A FRIEND**

WHAT WE'LL DO + WHEN:

WHAT COULD WE DO TOGETHER THAT WE WOULDN'T NORMALLY DO?

HOW CAN WE PLAN IT SO WE ENJOY EACH OTHER WITHOUT CRAMMING IT FULL?

HOW IT WENT: