

## R.A.D.A.R.

Remember, tools are only helpful if you use them!

**The Triforce of Communication:** (What is the goal of your communication?)

#1 - Just want to share and be heard

#2 - Seeking sympathy, comfort, praise, or celebration

#3 - Trying to solve a problem, seeking help or advice

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Remember to **H.A.L.T.** if you are Hungry, Angry, Lonely, or Tired (or drunk).  
Take a break, take care of that, and then return to the RADAR.

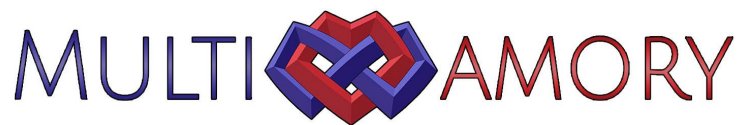
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Use Non-Violent Communication (**NVC**) when discussing challenging topics:

1. State an **observation** of what happened, free of interpretation, accusation, or spin.
  2. Express your **feelings** without applying any story about something that was done to you by others.
  3. Say what it is you **need**.
  4. Make a **request** that is not a demand or your ultimatum. Your partner should feel free to say either “yes” or “no”, or to negotiate the request.
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Treat your partner with *Compassion* and *Empathy*.

This is a safe space to discuss triumphs and disappointments, intense gratitude and sadness. Remember that we’re here because we want our relationship to be the best it can possibly be.



## R.A.D.A.R.

*Before starting, get out your calendars calendars and schedule the next RADAR.*

### **Review (past actions and past month)**

Update on what's happened since the last RADAR. (It can be helpful to look back at your calendar) Take notes on anything to discuss. Celebrate which actions points you did successfully!

For ones you didn't complete, put them back on the Discussion list where you can choose to Do, Defer, Discuss, or Delete.

### **Agree the lineup/list/agenda.**

Make sure you've added anything you want to discuss and then decide on the order of topics.

Quality Time

Money

Sex

Work/Projects

Health

Travel

Other Partners

Family (Kids, relatives, parents, etc)

Fights/Arguments

Household

Miscellaneous

### **Discuss**

Go through your list. Go through all topics (even if everything is ok)

### **Action Points**

Create achievable goals that are as specific as possible

### **Re-connect**

Appreciation (take turns sharing and listening), Compliments, Fun Activity, Massage or cuddle, Sex, etc.

*For more, check out our podcasts at [Multiamory.com](http://Multiamory.com)*