

Stop having the same fight. Start a different conversation.

When conversations turn into defensiveness, blame, or silence, even small disagreements can leave you feeling unheard and disconnected.

The R.E.A.L. Method offers four practical steps to help you listen, ask better questions, validate feelings, and find solutions that respect both people.

R — Receive: Listen without defending.

E — Explore: Replace assumptions with curiosity.

A — Affirm: Validate without agreeing.

L — Locate Common Ground: Negotiate needs.

With realistic examples and exercises you can use right away, learn to interrupt familiar conflict patterns and build more secure connection.



SANDEE VILLEZA, LMFT

Licensed marriage and family therapist with over 10 years of experience helping couples understand their patterns.

Real Conversations. Real Understanding. Real Change.

REAL CONVERSATIONS · REAL UNDERSTANDING · REAL CHANGE

R.E.A.L. METHOD

Four Simple Steps to Stop Repeating the Same Fights,
Understand Each Other's Needs, and Find Common Ground



RECEIVE



EXPLORE



AFFIRM



COMMON GROUND

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