

DAY 21

“Understand: presence of mind is the ability to detach yourself, to see the whole battlefield, the whole picture, with clarity.” - Robert Greene

Today, answer the questions below and find a good time when you are both in a calm state to discuss some ground rules to be followed for successful discussions of difficult topics.

Are you someone who needs to resolve things right away? Or do you need space?

If you need space, what does that look like and for how long? Where and when will you resume the conversation?

What will you do if you are flooded?