



Emotional Elevator

Love Deeply Tool

KEVIN DALY | BROKENCHAINSINTL.COM



Emotional Elevator

Sometimes we don't know where exactly our spouse is, on an emotional level, and this is where the Emotional Elevator communication tool can help. It can be used on the way home from work or wherever, as a reconnection or re-entry tool. You ask a series of three questions and if your spouse is able, they respond by asking them back in return. The answers will clue you into what may be most effective for your time ahead...



1. "WHAT FLOOR ARE YOU ON?" (1-10)

- 1 = YOU'RE GREAT
- 10 = YOU'RE MAXED OUT

2. "ARE YOU HEADING UP, DOWN, OR MAINTAINING?"

3. "IS THERE ANYTHING I CAN DO TO HELP YOU COME DOWN A FLOOR OR TWO?"



Thank You!

We hope you found this tool helpful for you and your partner. If you're looking for more helpful resources like this one, check out our website.

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