



A.R.E helps you remain Accessible, Responsive and Engaged, even in a difficult conversation.

You always carry the powerful A.R.E. tool inside your head. By remaining A.R.E, you will be able to:

- Convey positive non-verbal cues (body language, facial expression and eye contact)
- Honestly share your fears and feelings with other people, and encourage others to do the same
- Accurately name emotions
- Respond to other people's emotions, using your mirror neurons to feel empathy
- Engage with other people instead of isolating or withdrawing
- Reconnect with other people even though there has been a relational injury in the past
- Stop a negative cycle in its tracks and transition to a positive cycle