

**Hey, You**  
**Research Mapping**

Below is a list of practices that align to and support the prompts and approach by which Hey, You is developed. Hey, You's goal is to foster a corrective emotional experience to move from a current (disconnected) cognitive state to a new way of being (connected).<sup>1</sup> The list begins with easier practices and prompts to ease the user into this journey that will help build their skills to "go deeper" and have more meaningful conversations.<sup>2</sup> In general, the prompts should offer a chance for the users to "go inside themselves" and share what they have discovered in this process.<sup>3</sup>

<b>Practices</b>
1. <i>Practicing Reciprocity</i> – Friendship is a give-and-take relationship in which there is a balance exchange of social interactions. This can be taught through back-and-forth conversation, sharing interests, providing for an environment that is not a one-way street. <sup>4</sup> Making space and allowing for positive interaction as well as negative interaction and labeling both as "good." <sup>5</sup>
2. <i>Practice Active Listening and Constructive Responding (requires the listener to not compare and to listen without judgment)</i> – Based on the work of Shelly Gabel, active listening and constructive responding. ACR helps to develop and maintain strong personal relationships.
3. <i>Practice Making Space for Vulnerability</i> – Based in part on the work of Dr. Brene Brown, encouraging users to be open and express emotions. Pushing through initial fear and leaning into the discomfort. <sup>6</sup> Admit what you don't know and share your struggles with others.
4. <i>Practice Transparency in Relationships</i> – Transparency in communication can lead to more powerful and meaningful relationships. <sup>7</sup> It is about sharing thoughts and feelings honestly, without fear of judgment or repercussion. <sup>8</sup>

<sup>1</sup> Learnings from conversations with Traci Ruble licensed marriage and family therapist in California.

<sup>2</sup> Informed by learnings from conversations with Fiachra "Figs" O'Sullivan, licensed marriage and family therapist in California as well as Traci Ruble licensed marriage and family therapist in California.

<sup>3</sup> Learnings from conversations with Fiachra "Figs" O'Sullivan, licensed marriage and family therapist in California.

<sup>4</sup> <http://thearcofmass.org/wp-content/uploads/2015/12/FRIENDSHIP-TOOLKIT-DIGITAL-PDF-rev-marc-26-2017.pdf>

<sup>5</sup> Learnings from conversations with Traci Ruble licensed marriage and family therapist in California.

<sup>6</sup> <https://scholarsarchive.byu.edu/cgi/viewcontent.cgi?article=1005&context=familyperspectives>

<sup>7</sup> <https://davidlykhim.com/transparent-communication-relationships/>

<sup>8</sup> <https://www.sciencedaily.com/releases/2017/05/170524084341.htm>