

Life Architect Program:

A-C-B-R Communication & Connection Worksheet

Purpose

Use the A-C-B-R framework to communicate with clarity, confidence, and care—while aligning actions with your highest values and supporting personal and relational growth. This tool works for messages, conversations, and self-dialogue.

1. Framework Overview

Letter	Function	Questions to Ask Yourself
A – Thought	Lead with curiosity, observation, or inspiration	What is my genuine observation or idea? Am I speaking from clarity or urgency?
C – Conclusion	Clear call-to-action, insight, or intention	What is the point or invitation? Is it actionable and understandable?
B – Build Story	Add context, emotional hook, or shared experience	How can I make this relatable or meaningful? Can I add humor, story, or shared memory?
R – Reflect / Reframe	Add personal insight, learning, or empowering perspective	What is the lesson, growth, or broader meaning here? How does this align with my values and long-term vision?

2. Self-Check Before Communicating

- Am I acting from care or neediness?
 - Will this interaction support growth for both of us?
 - Am I respecting boundaries and pace?
 - Does this align with my highest values?
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3. Practical Exercises

Exercise 1: A-C-B-R Message Creation 1. Identify a situation: e.g., inviting a friend/family/partner to an activity, or expressing a thought. 2. Fill out the framework:

Example: - **A:** “Hey, I was thinking it’d be fun to get out and laugh a bit...” - **C:** “...there’s a family-friendly comedy show this weekend — we could all go together.” - **B:** “I could bring my kids, you and your daughter could come too. No pressure, just a fun night out.” - **R:** “Moments like this remind us how important it is to enjoy life fully and create happy memories with the people we care about.”

Exercise 2: Observe & Reflect - Pick a recent conversation or message. Break it down: A, C, B, R. - Score: Did you communicate clearly? Did it uplift both parties? How could it be stronger next time?

Exercise 3: Multi-Modal Application - Choose one interaction per day and apply A-C-B-R using multiple modes: - Text / Voice / In-person / Gesture / Action - Example: Invite a friend to an activity (text) + smile & casual gesture in-person + follow-through action.

Exercise 4: Internal Dialogue Use A-C-B-R for personal growth and decision-making: - **A:** “I feel unsure about asking for this opportunity.” - **C:** “I need to take one small, intentional step forward.” - **B:** “I’ve faced challenges before and handled them well.” - **R:** “Even small actions now create momentum toward the life I want.”

4. Reflection Questions

- Which part of A-C-B-R do I naturally excel at? Which needs practice?
 - How does my communication support trust, growth, and connection?
 - Am I staying aligned with my long-term vision in my interactions?
 - How can I celebrate small wins in connection, clarity, and growth today?
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5. Implementation in Life Architect Program

- **Daily Practice:** Apply A-C-B-R at least once per day in conversation, messaging, or self-talk.
 - **Weekly Reflection:** Review interactions, journal A-C-B-R lessons.
 - **Integration:** Pair with modules on **Boundaries**, **Empathetic Communication**, and **Relationship Navigation**.
 - **Progression:** Gradually increase challenge — from light/fun conversations → deeper personal or relational topics → intentional action aligned with growth.
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