

Five Losing Strategies

1. BEING RIGHT

- a) Arguing about whose view is more accurate
- b) This fuels self-righteous indignation

2. CONTROLLING YOUR PARTNER

- a) Can be direct or indirect
- b) No one likes being controlled; it leads to retaliation and payback

3. UNBRIDLED SELF-EXPRESSION

- a) Saying whatever is on your mind, with no kindness or respect

4. RETALIATION

- a) “I’ll make you feel what I feel.”
- b) Can be overt or covert (passive aggressive)
- c) This is offensive from the victim’s position

5. WITHDRAWAL

- a) Also known as stonewalling
- b) Comes from resignation or retaliation

Five Winning Strategies

1. SHIFT FROM COMPLAINT TO REQUEST

- a) Make your requests specific, behavioral, and reasonable

2. SPEAK TO REPAIR WITH LOVE AND RESPECT

- a) Use the 4 Steps of the Feedback Wheel for Communication:

- | | |
|------------------------------|-----------------------------|
| 1. What I saw and heard | 3. How I feel |
| 2. What I made up in my head | 4. What I’d like to achieve |

- b) Focus on one thing — don’t stockpile the issues
- c) Let go of the outcome

3. LISTEN WITH COMPASSION

- a) Listen to understand — you don’t have to agree
- b) Acknowledge the other person whenever you can
- c) Acceptance paradox (Dr. David Burn’s work)

4. EMPOWER EACH OTHER

- a) Ask what you can do to help the responder deliver

5. CHERISH EACH OTHER

- a) Give your partner specific positive feedback and appreciation
- b) Practice smart generosity
- c) Cherishing is an action that gets us connected

WOUNDED CHILD

- The part inside us that was not protected
- The little one inside us that was not put into an adult role
- Abuse of all forms: physical, emotional, sexual, psychological, spiritual, financial

ADAPTIVE CHILD

- Our inner “protective part” of our most inner wounded child, also known as our smoke alarm.
 - “My impulse right now is _____” or the WHOOSH
- The adaptive child cannot handle feeling bad, being wrong, or shameful.
- The adaptive child needs to feel safe.
- The adaptive child learns how to stay safe and protected in our family of origin system (as established in our youth).
- The adaptive child responds and reacts to unresolved and unhealed multigenerational drama and trauma which is witnessed and passed down from our ancestral line through watching parents behave this way or even through DNA (also known as “carried energy” or “legacy burdens”).
- The adaptive self is influenced by external threats to ourselves and our family systems.

WISE ADULT

- It can take 3-5 years for it to feel normal to know the different parts of ourselves and how to work with them.
- Good containment boundaries keep us from saying what we are thinking; this protects others from our adaptive child responses.
- The Wise Adult self can handle being wrong.
- Do the hard work to get yourself back to Wise Adult: using time-outs, working with a therapist, journaling, learning to work with inner wounded and adaptive child, meditation (breath or chanting).
- Pull yourself up from the one-down or pull yourself down from the one-up.
 - It is a lot harder to pull yourself from the one-up than the one-down because “grandiosity feels good.”
 - Grandiosity impairs our ability to see the other person or the situation and will impact how we behave.