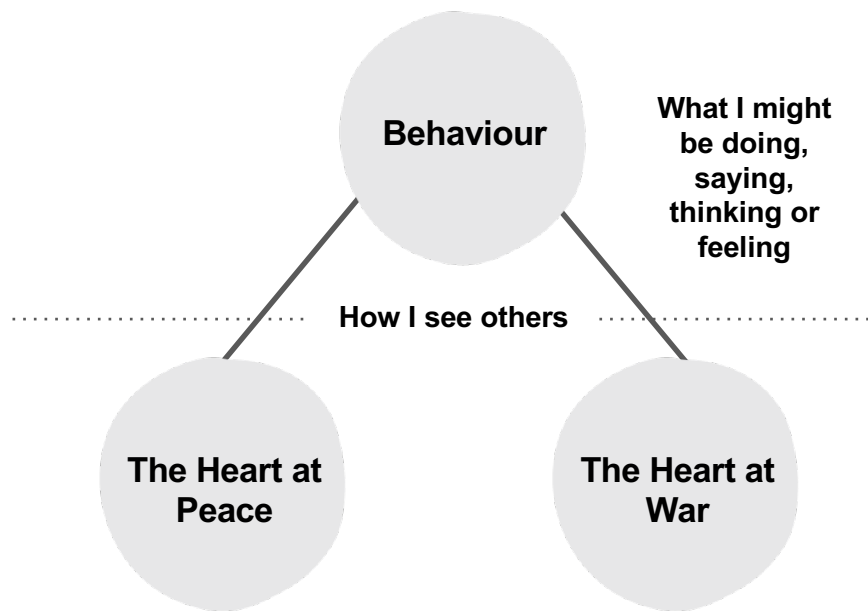


# NAVIGATING RELATIONSHIPS



## I see others as people

- They appear just as real to me as I do to myself
- Their cares and concerns matter the same to me than my own
- I actively respond to their humanity

## I see others as objects

- They appear less real to me than I do to myself
- Their cares and concerns matter less than my own
- I actively resist their humanity

### The better-than box

<b>View of Myself</b> Superior Important Virtuous/Right	<b>View of Others</b> Inferior Incapable/Irrelevant False/Wrong
<b>Feelings</b> Impatient Disdainful Indifferent	<b>View of World</b> Competitive Troubled Needs me

### The I-deserve box

<b>View of Myself</b> Meritorious Mistreated/Victim Unappreciated	<b>View of Others</b> Mistaken Mistreating Ungrateful
<b>Feelings</b> Entitled Deprived Resentful	<b>View of World</b> Unfair Unjust Owes me

### The must-be-seen-as box

<b>View of Myself</b> Need to be well thought of Fake	<b>View of Others</b> Judgmental Threatening My audience
<b>Feelings</b> Anxious/Afraid Needy/Stressed Overwhelmed	<b>View of World</b> Dangerous Watching Judging me

### The worse-than box

<b>View of Myself</b> Not as good Broken/Deficient Fated	<b>View of Others</b> Advantaged Privileged Blessed
<b>Feelings</b> Helpless Jealous/Bitter Depressed	<b>View of World</b> Hard/Difficult Against me Ignoring me

# NAVIGATING RELATIONSHIPS

## Criticism

Attacking the character of the partner at the core. Different from a complaint, which focuses on the behaviour. "Why can't you do this right?"  
"What's wrong with you?"



## Defensiveness

Self-protection and retaliation to ward off a perceived attack. Shifting the focus away from the problem onto the partner's flaws. "The problem isn't me, it's you."

## Stonewalling

Withdrawing from the interaction, shutting down or 'checking out'. Habitually avoiding conflict, turning away, acting busy, or engaging in obsessive behaviours. "Whatever. I don't need this."

## Make requests

Address the specific behaviour without blame or attacking the person. Using 'I-statements' to communicate emotions and positive needs.

## Appreciate & respect

Identifying/communicating what you value in the other person, even if you disagree. Attempting to understand and validate the other person's experience/point of view.

## Accept responsibility

for ways that you have contributed to the problem without retaliating. Focus on the problem, not on defending yourself or attacking your partner.



## Self-soothe and re-engage

Calmly let your partner know that you are feeling 'flooded' and need to take a defined break from conflict. Do something that helps you get 'grounded', then re-engage the conversation when you're ready.

## Contempt

Treating the partner with disrespect or ridicule. Thinking the other as lesser. Partner feels despised and worthless. Using eye-rolling, sarcasm, name-calling. "You're disgusting." "You're so stupid." The single greatest predictor of divorce.