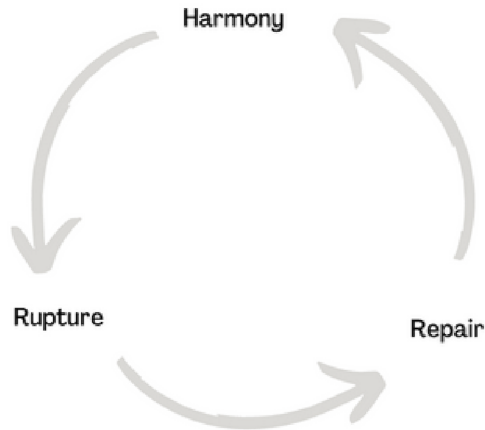


5 WINNING STRATEGIES



FOR GETTING WHAT YOU WANT IN YOUR RELATIONSHIP

Based on the work of Terry Real



Losing Strategy

Needing to be Right

- Arguing about whose view is 'more valid or accurate'
- One-upping the other
- Sounds like: "I'm right. You are wrong."

Controlling Your Partner

- Forcing rather than inviting
- Direct or covert manipulating
- Sounds like: "I could be happy if *you*...."

Unbridled Self-Expression

- Venting or dumping complaints
- Wall-of-words
- Sounds like: "You need to hear everything I think."

Retaliation

- Offending from the victim position
- Acting out on anger through humiliating, ridiculing, verbal or physical abuse
- Sounds like: "You hurt me. I'm going to hurt you."

Withdrawal

- Passive-aggressive withholding or walling-off
- Lacks self-disclosure or vulnerability
- Sounds like: "I'm not going to engage with you."

Strategy for Repair

Let Go of Winning

- Create a win/win outcome
- Remember love
- Give and acknowledge what you can

Request Not Demand

- Advocate for yourself skillfully
- Make requests specific, behavioral and reasonable
- Let go of outcome

Self-Containment

- Protect others from your harshness
- Exercise empathy and emotional intelligence
- "I am loved. You are lovable."

Forgive and Respond Generously

- Work through contempt
- Ask how you can help
- Remember love
- Cherish the good

Engagement

- Responsible distance taking
- Contract with partner to engage in repair process
- lean into intellectual, emotional, physical, sexual and spiritual connection