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Six Ways We Disrupt Healthy Relating

1. Using Misery Stabilizers

What we turn to, instead of each other, ourselves, or the issue or need at hand:

- Work
- Food
- Shopping
- TV / Netflix binge
- Substances
- Computer/ Internet excess
- Jealousy
- Suspicion
- Resentment
- Comparing and complaining

2. Needing to be Right

Nothing is more important than being right. You interrupt, ignore and spend your “talking time” talking about how wrong they are and how you will prove they’re wrong. No real listening is happening.

Righteous Indignation: feeling “shock” at the idea that your partner has a negative idea about you. “How can you say that?! How could you even think that about me?!” Not only are you treating them as if they are a complete idiot for the experience they’re having or for how they’re expressing themselves. You are also taking on the victim role.





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3. Controlling Your Partner

Making demands directly: *"You owe this to me!"*

Manipulating: guilt, threat, passive-aggression. *"Go ahead ... see what happens."*

Assuming you know better and flaunting that assumption: *"You don't want that kind, you want this kind."*

4. Rageful Expression

Explosive expression that is designed to harm, threaten, damn, etc. When speech is used as a weapon. *"I hate you!"*

(Practice NOT saying everything that is in your reptilian brain)

5. Retaliation

Payback, revenge, punishing, reciprocal affairs ...

(might as well move back to the stone age or maybe the Sopranos)

6. Withdrawal

Physically: storming out with no contract to return:

(20 minutes, 2 hours, ½ day, 1 full day, overnight, 2 days)

or

Psychologically:

in the room but not connected





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7. Going One-Up or One-Down // Being Avoidant or Boundary-less

<p><u>One-Up / Avoidant</u></p> <p>Acting superior Being controlling Blaming the other</p>	<p><u>One-Up / Boundary-less</u></p> <p>Being dominating Threatening Blaming the other</p>
<p><u>One-Down / Avoidant</u></p> <p>Isolating yourself Withdrawing from partner Denial / Denying</p>	<p><u>One-Down / Boundary-less</u></p> <p>Feeling anxious Being dramatic Dependent</p>

