



# *Prevent Misunderstandings from Ruining Your Relationship*

*How to Resolve Anger and Easily See Eye-to-Eye*

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*Workshop 8*

**SELF-REGULATION**

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## *Prevent Misunderstandings Cutting at Your Bond*

*Resolve Your Anger, Manage Volatility and Stay Connected*

### *Why are Feelings Important?*

Feelings make us human...

It is amazing how often we get hang up on how we look at something (logic/ego) as opposed to how we feel (compassion/heart) about something. We are very quick to judge. We are very quick to run the exchange or situation through our colored lens of old scripts, limiting beliefs, assumptions, assigning motives, and owning the other. We are very quick to go on the defensive or offensive. This is what gets us into trouble in interactions with our partner, and others. We cannot be compassionate, understanding, flexible, caring and giving when we are operating from Ego... These are some key ingredients for getting along, creating intimacy, feeling connected and enjoying each other...

When we operate from Ego we need to be right, we need to prove ourselves, we need to have our needs met and have our voice heard no matter at whose expense (there is a way and time for doing right by ourselves...), we need to protect ourselves, we need to get our way.

When we operate from Ego we operate as a separatist at the expense of connection and intimacy, which are at the core of our human experience. This creates misunderstandings, conflict, chaos, alienation, scarcity, and symptomatology. This is how we make our relationship and life suck.

#### **Feeling...**

When we operate from Heart (emotions/feelings, love), we are using our compassion as a guiding mechanism to align and get our human peers... We have a shared experience, intimacy. We are connected. There is inherent safety in this for we are wired for togetherness and connection. We are wired for love. We are made in love. We are made in the likeness of love. When we stray from this, we are out of alignment with our Self... and hence with everybody else, specially our partner who is to be our most intimate other...



When both partners operate from Ego, it is a formula for disaster. Misalignment and misunderstandings are a given. Impasses are insurmountable. Connection is illusive. Dissatisfaction and upset rule the day. And, symptomatology and disease are imminent.

**Feelings/emotions are a Universal language...** Not only are they felt the same across cultures and worldwide..., but they have vibrational frequency that's attuned to our higher selves, the Universe... They boil down to basic energy particles... where all Is, and we are all Connected.

But when we shutdown, ignore or dismiss our feelings we are giving the finger to our humanity, our fellow humans and our Creator. We reject love itself... This emotional drought hinders how we operate and our human experience...

(refer to prior workshop on Energy)

### Feelings...

Feelings are our humanity GPS... When we drill in into specific feelings, they carry a wealth of information.

They can be decoded to help us navigate life:

- When we feel good, we are on the right track.
- When we feel bad, we are not.

They can be decoded to help us meet our needs:

- When we feel alone, we need company or connection.
- When we feel rejected, we need acceptance.
- When we feel criticized, we need acknowledgement.
- When we feel dismissed, we need to feel heard.
- Etc.

They can be decoded to help us relate:

- We can provide compassion and empathy to our loved ones, and others.
- We can know when and how to communicate our other needs.
- We can know how to read the moment.
- Etc.

### We have a problem when...

>We have a problem when we get flooded by our feelings where reading them accurately becomes challenging.

>We have a problem when we are disconnected from our feelings where we get out of touch with the right path.

>We have a problem when we have a narrow range of feelings – commonly a variation on anger where we live in a passive or explosive reactive state.

## *Anger is a feeling...*

Anger is a feeling just like any other feeling. We tend to judge or dismissive anger. We think of anger as a behavior. But the feeling of anger is just another feeling carrying information for our benefit.

When we are angry, it means –

1. We've been wronged or hurt in some way
2. Our needs are not met
3. Our boundaries have been crossed

This is just information so we can take care of ourselves. Once we decode / acknowledge what's happening and take appropriate action to address the cause, the feeling goes away...

Anger (and its derivatives) is a problem when it is the go to emotion for everything, when it is a habit feeling, when it is acted out and used as a behavior. People that operate this way, have an "anger management problem." This is Global Anger. Usually underneath this type of anger are feelings of inadequacy, feeling small, unimportant, incompetent, not good enough, and such.

When we experience a lot of anger (and its derivatives) only in our relationship, this is Relational Anger. This type of anger is related to attachment and connection needs, and it's an emotional survival reaction. Usually underneath this type of anger are feeling of abandonment, feeling rejected, not wanted, left, alone, unsupported and such.

### **Anger Styles as response patterns**

**When we are triggered, we usually respond with defense mechanisms that can include a response pattern of a specific Anger Style. Sometimes, we are not even triggered but have chosen to organize our personality to include an Anger Style...**

**There are 10 styles of anger:**

(borrowed from *Letting Go of Anger* by Potter-Efron & Potter-Efron)

1. **Anger Avoidance Anger**
2. **Sneaky Anger**
3. **Paranoid Anger**
4. **Sudden Anger**
5. **Shame-based Anger**
6. **Deliberate Anger**
7. **Addictive Anger**
8. **Habitual Anger**
9. **Moral Anger**
10. **Hate Anger**



To resolve your anger, understand your Anger Style, its driver and need behind it. Addressing the driver and meeting the needs dissolves the anger...

**Resolving anger**

Anger gets fueled by limiting believes, distorted cognitions, scripts, assumptions, assigning of motives, owning others and such (operating “dirty”).

*The Fuel Equation*

$$\begin{aligned} &\text{Thoughts} \rightarrow \text{Feelings} \rightarrow \text{Actions} \\ &= \\ &\text{Results} \\ &(\text{Radiant / Authentic Relationship, Meaning Life!}) \end{aligned}$$

How it plays out when triggered:

→ → <b>Thoughts</b> →	<b>Feelings</b> →	<b>Actions</b> → →
<p><b>Dirty Ego-Based</b> (limiting believes, distorted cognitions, scripts, assumptions, assigning of motives, owning others and such)</p>	<p>Narrow range of emotions and anger style</p>	<p>Impulsive, inappropriate, undermining, self focused, harming, dangerous</p>

Resolve the anger by becoming mindful and responsive:

→ → <b>Thoughts</b> →	<b>Feelings</b> →	<b>Actions</b> → →
<p><b>Clean Heart-Based Boundried</b></p>	<p>Expand and own range of emotions and vulnerable feelings (usually related to wounds growing up...) Dismantle anger style pattern</p>	<p>Intentional, personal growth, self-care practice, meet own needs appropriately, relationship nurturing</p>

## Own your Self...

Whenever we focus on how others hurt us and how they are doing us wrong, we've lost sight of our power... We are not owning our Self by focusing on the other, regardless of what they are doing. For us to be empowered, feel good and have a radiant relationship and meaningful life, we have to own our Self fully... This means understanding and addressing the Fuel Equation components to the fullest (refer to workshop on Communication/Conflict Resolution).

When you cleanup and operate from a heart-centered position (Awakened...), flowing from a responsive equation, your interactions are much easier to manage and actually become rewarding.

It is much easier to communicate from a self-owning and responsive place than from a dirty place... It takes a lot of energy being dirty. It might be a bit challenging at first to cleanup and get how to operate clean, but once you make this a habit life becomes easy!

Expressing your Self with a self-owning (boundried) approach that shares your needs clearly, appropriately, responsively, and mindfully is the key to getting your needs met and easily getting on the same page with others.

**STRATEGY:** Select and implement repeatable specific behaviors that meet needs flowing from vulnerable feelings. This soothes wounds and alleviate triggers... Changing patterns and dynamics...

**NOTE:** When there is a history of dirtiness, codependence, and funky patterns in a relationship, it is harder to make the transition to this cleaner version. Not only because the habits and defenses are so ingrained, but also because there is own and other resistance to change (all sorts of fears)... Don't fret when this happens. Unfortunately, it is part of the journey. But know that once you get over the hump, things get a lot easier. Hang in there and get as much support as you need to weather the intensity and duration. The other side is amazing!

## Get on the Same Page!

Using the information provided by feelings and a heart-centered approach is paramount to seeing eye-to-eye. This means seeing and accepting each other, and working together to meet each other's needs.

- ◇ Use feelings to assess the moment and as a compass for interacting
- ◇ Use the *Intentional Dialogue* to keep you moderated and safe (refer to workshop on *Communication/Conflict Resolution*)
  - share your vulnerable feelings when you are the sender
  - put yourself on the other's skin to understand their experience
  - empathize with the impact created by your %20 and how it can trigger your partner's %80...
- ◇ Share and address your vulnerable feelings, and work at appropriately meeting your related needs
- ◇ Integrate compassion (assume best of other) and empathy ("me too" / understanding how other could feel) in your communication to create relatedness, intimacy
- ◇ Get and stay synchronized, connected and nurtured... (refer to workshop on *Communication/Conflict Resolution*)
  - Mind your schedules and calendaring (use TimeMapping)
  - **Set up appropriate structures, systems, and routines**
  - Stay connected, use check-ins
  - Transition intentionally
  - Stay current – share, plan, divide & conquer, check-in, rinse & repeat

BONUS: Build a strong couple identity, establish rituals and traditions

## Intentional Dialoguing

### Communicating Needs and Addressing Issues Appropriately

(borrowed from *Imago Therapy*)

Sender asks for Dialogue and Receiver agrees to grant or proposes later reasonable time ASAP

Sender sends safe and respectful message to Receiving Partner

Receiver only receives and is focused on getting the Sending Partner...

#### Sender:

- i. "I" feel \_\_\_\_\_ (express **feeling /emotion**)
- ii. When you \_\_\_\_\_ (note specific concrete **behavior** partner engages in)
- iii. Because \_\_\_\_\_ (**reason** behind sentiment)

#### Receiver:

- i. Mirrors (repeats back what's being said)
- ii. Validates (shows understanding of reason – "you make sense...")
- iii. Empathizes (shows understanding of feeling – "I could imagine you feel...")
- iv. Note: sender "approves" each, if Receiver gets any differently than intended they try again until the Sender feels the partner "got them"

## REMEMBER

### Basic Emotional Driving Needs

- **Certainty/Security**
- **Uncertainty/Variety**
- **Significance/Importance**
- **Love/Connection**
- **Growth/Learning/Success**
- **Contribution/Legacy**



## Successful Couple Strategy™ new edition draft preview...

1. Context – Uplevel your relationship mindset and break the impasse
2. Communication – Get on the same page and synchronized
3. Clarity – Discover and change your stuck dynamic
4. Connection – Reignite your love and deepen your intimacy
5. Collaboration – Create a strong partnership and authentic life



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