



HLTAA

Healthy Living Therapies Alberta Association

www.hltaa.org

Healthy Living Therapies Alberta Association (HLTAA) is a non-profit organization committed to the support of a community of individuals interested in Wholistic information & services.

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Relationships

You have heard it before: communication is the key to any relationship. However, it is also about dedication to yourself to be present and in your integrity at every moment in relation to others. It is not about commitment or "I'll be with you forever".

Whenever you start talking, start off with I feel _____.

When the other person is talking, listen attentively-truly listen. Practice compassion and empathy, and then verbalize to that person what you believe you heard them say. It is actually paraphrasing, not repeating like a parrot does.

Do not interrupt a person when he/she is speaking.

Discuss only what is going on in the present moment. There is no "right" time to throw old history into someone's face.

Discuss only the current issue at hand. Nothing gets resolved if other issues get lumped in with the current one.

Sit facing each other with knees touching. Ask for what you want. People are not mind readers.

Speak from your heart, by asking yourself what would love do? This helps eliminate blaming, moralizing, sending warnings, interrogating, ridiculing, and shaming. Say "I think... I feel... I'm scared of... I want..."

If you have feedback or requests, make them very specific, because general doesn't work.

Avoid telling the other person what they think, unless you are a mind reader. Avoid telling the person what they feel, because they will tell you if you let them.

Ask the person "am I intuiting or

projecting?"

Avoid getting a third person involved in your discussions. In psychology this is called triangulation.

Speak directly as in: "I sure wish you had gone to Jimmy's soccer game." Do not use a third-party as in "Jimmy felt terrible that you didn't go to his game."

Take your time and breathe, get centered and then discuss what the issue is really about.

Avoid intellectual arguing. This is simple enough if you ask yourself again "what would love do?" And of course speak from the heart, with pure intentions. This will virtually eliminate all intellectualizing. Because adults are open to all feedback, if the person you are having a discussion with runs away, attacks, goes into a state of collapse or gets defensive when given feedback you know that they have now reverted to childhood state.

Take full responsibility and accountability for your side of the situation, and speak with absolute truth: instead of saying "you're controlling me", the truth is something like: "I feel powerless in regards to you." Instead of "if you keep buying more stuff we will go broke." Say this: "I'm feeling afraid about my financial future, and it's triggering all of my poverty fears." Usually

the number 1 issue is that we fear being judged by another: "I don't believe I can tell you all of my truths, because you can't handle it, and you might run away." Or "I'm afraid of getting your truth back." The most honest form of communication is sharing: "I feel _____ when you _____." I feel sad when you don't greet me at the door. I feel angry when you don't listen to me. I feel joyful when you tell me you love me. I feel grateful when you make me dinner.

If someone does not want to be with me, it tells me who I am not supposed to be with.

~ Vladimir Kanizaj

