


RELATIONSHIP BOOTCAMP

Presentation Handouts

REAL
Relational Solutions

Relational
Life Institute



The Relational Life Skills Workshop™
Making Relationships Work

Group Norms

- Confidentiality
- Pass rule
- We will operate as a healthy group. Each person will do his/her best to be:
 - Respectful
 - Curious
 - Open-minded
 - Courageous

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AGENDA DAY ONE

- Group Introductions
- Overview of Relational Living
- Self-esteem & Boundaries
- Relationship Grid
- Five Losing Strategies
- Adaptive Child/Functional Adult

- END DAY - Homework assignment

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Introduce yourself:

- 1 Your name
- 2 Where you are from
- 3 One thing you'd like people to know about you
- 4 What you'd like to get from the next 2 days here

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WHAT WE BELIEVE
Overview
FIVE KEY PRINCIPLES

1 - We Are Designed To Be Relational

- 1 Intimate connectedness is our birthright and optimal state.
- 2 The cure for addiction and emotional problems is intimacy.

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2 - This Is Not For You Alone

"Family dysfunction rolls from generation to generation like a fire in the woods, until one person has the courage to turn and face the flames. That person brings peace to those who came before him and spares the generations who follow."

- Terry Real

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3 - Being Relational Is A Practice

- Intimacy isn't something you *have*, it's something you *do*.
- Intimacy is a *minute-by-minute* practice.

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4 - RELATIONAL PRACTICE

Is Growing and Developing Your:

2ND CONSCIOUSNESS

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5 - We Always Have a Choice

- 1st Consciousness: Knee-jerk response (Adaptive Child)
- 2nd Consciousness: Learned response (Functional Adult)

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Other Workshops Teach Skills

We Deal With the Part of You That Won't Use Them.

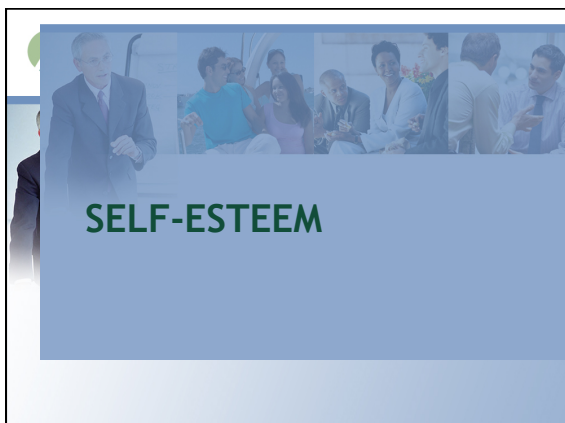
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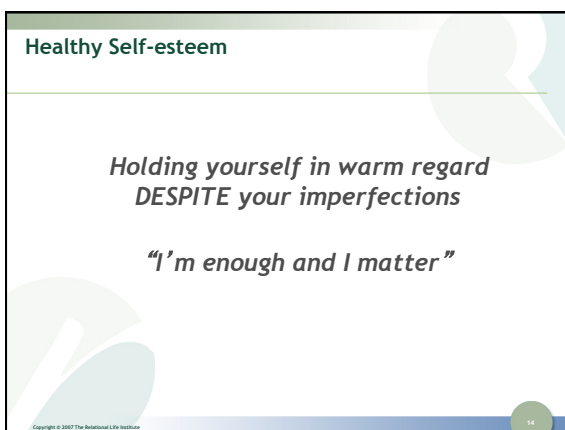
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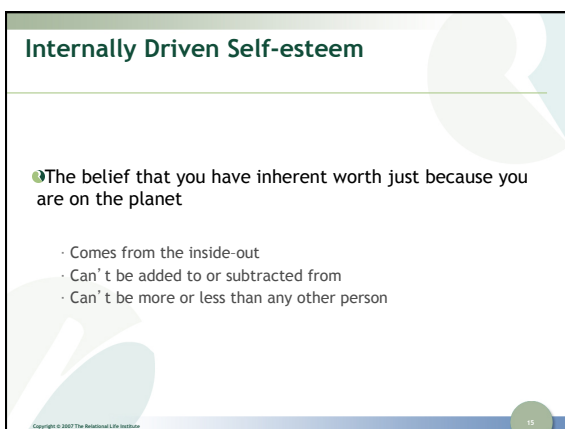
Section One

SELF-ESTEEM - BOUNDARIES

Adapted from Pia Mellody







Internally Driven Self-esteem

• The belief that you have inherent worth just because you are on the planet

- Comes from the inside-out
- Can't be added to or subtracted from
- Can't be more or less than any other person

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Externally Driven Self-esteem

• Comes from the outside-in

• Three Types:

1. Performance-based esteem
2. Attribute-based esteem
3. Other-based esteem

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Externally-Driven Self-esteem

1. Performance-based esteem

- "I have worth based on what I can do."
- In adulthood = Workaholism

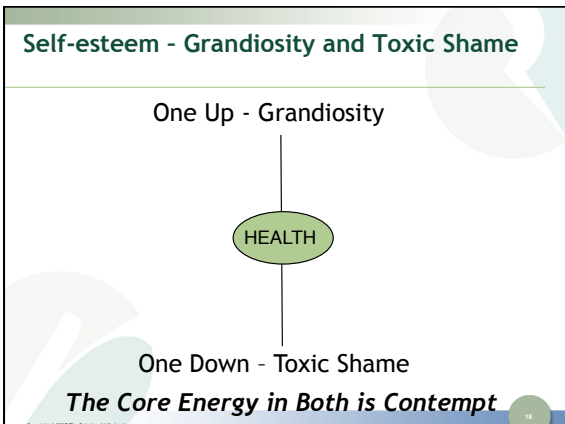
2. Attribute-based esteem

- "I have worth because of what I have."
- In adulthood = Greed

3. Other-based esteem

- "I have worth because you think I do"
- In adulthood = Love Addiction

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Full-Respect Living

Step Off the contempt conveyor belt.

Live non-violently.

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The Practice of Healthy Self-esteem

● **A Healthy self-esteem practice is:**

- Doing the hard work of getting yourself back to a SAME AS position (the circle of health)
- Get conscious
- Breathe
- Pull yourself up from one-down and down from one-up

● **It's much harder to bring yourself down from the one-up**

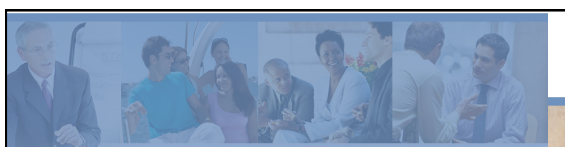
- Grandiosity feels good in the moment
- Be smart about it
- Commitment to Full Respect Living

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Self-Esteem Exercise - (Use Examples)

- Do you tend to get frustrated with other people because they don't behave the way you think they should?
- Do you tend to worry that the job you're doing isn't good enough?
- What kind of feedback are you getting from other people? What are they saying about being on the receiving end of you? Does that feedback point toward one up or one down?
- At your worst, do you sometimes judge others harshly?
- At your worst, do you sometimes judge yourself harshly?

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Boundaries

Physical Boundary

- About physical space**
 - Touch, how close you stand, letters, e-mail, personal belongings, etc...
- You determine your own physical boundary**
- Sexual boundary**
 - You have the right to say no to anyone, anywhere, at anytime

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Psychological Boundary (Internal Boundary)

- Your internal boundary is to your psyche like your skin is to your body; It's a protective layer
- There are two parts:
 - Protective: Protects you from the world
 - Containing: Protects the world from you

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Boundaryless to Walled off

Protected and Connected

Walled off ——— HEALTH ——— Boundaryless

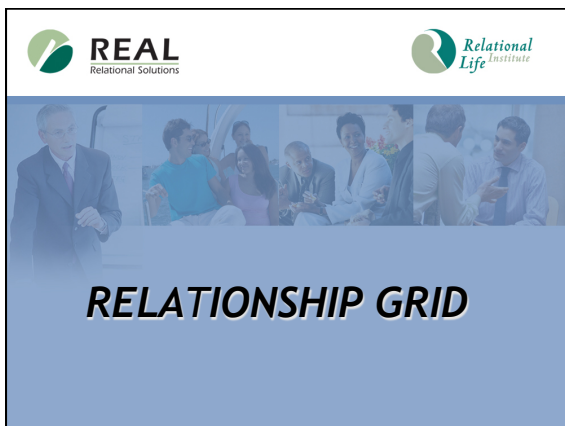
Protected - not Connected Connected - not Protected

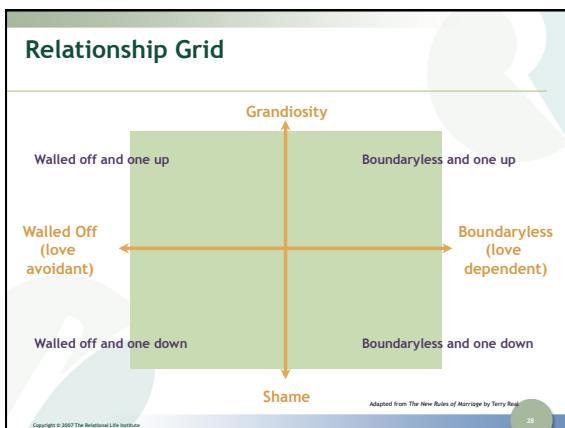
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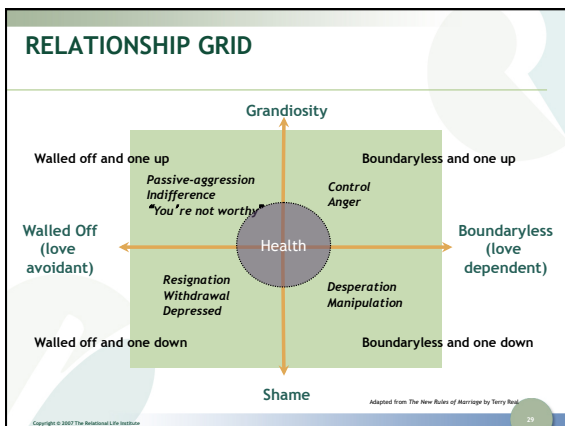
Boundary Exercise -

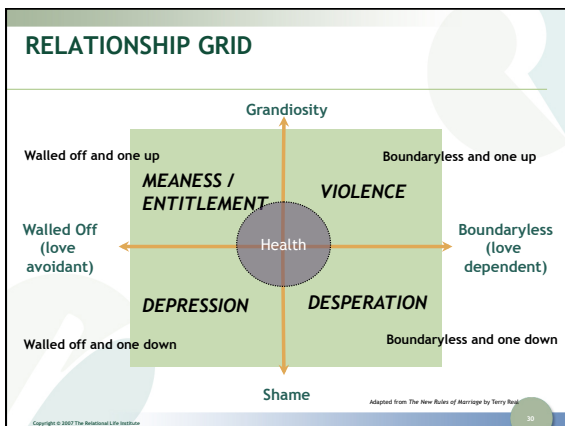
- In what situation(s) do I tend to have really good boundaries?
- In what situation(s) do I tend to have really bad boundaries (b-less or walled)?
- As a whole, my family was more walled off, or more boundaryless.
- My mother was more (B-less or walled)
- My father was more (B-less or walled)
- The dynamic between them was...
- Looking at it now, I can see that I'm most like... (mother or father)

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The Five Losing Strategies

The Nature of Relationships

An endless dance of
Harmony, Disharmony, and Repair

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THE FIVE LOSING STRATEGIES

1. Being Right
2. Controlling our partner
3. Unbridled Self Expression
4. Retaliation
5. Withdrawal

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Losing Strategies

1. BEING RIGHT:

- Using the scientific method to solve problems
- Objectivity battle
- At it's extreme is self-righteous indignation

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Losing Strategies

2. CONTROLLING YOUR PARTNER:

- Trying to "get" your partner to do something
- Always one-up and condescending
- Direct control
 - commanding
- Indirect control
 - manipulation
- The notion of controlling another is an illusion
- And it is not without a cost...

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Losing Strategies

3. UNBRIDLED SELF EXPRESSION

- Ventilating, throwing up, throwing a tantrum
- Bringing in every past offense that remotely ties to the current offense
- Excessive sharing

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Losing Strategies

4. RETALIATION:

- Revenge, getting even
- Offending from the victim position
 - "victimized" by others
 - "victim" to your own psychology

"I'm entitled to hurt you because you hurt me first"

- Direct Retaliation
 - **raging**
- Indirect Retaliation
 - **passive aggression**: covert expression of anger through withholding

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Losing Strategies

5. WITHDRAWAL

- Refusing to engage on an issue
- Opting out on a particular aspect of your relationship
- Checking out on the entire relationship



- Withdrawal is NOT acceptance
- It is NOT a healthy way of taking space


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My Losing Strategies Profile

- One: My Most Usual Losing Strategies
- Two: What I Think My Partner's Are
- Three: What I Imagine He/She Will Say Mine Are
- Four: When we put this together, what is our Dance? The more I X, the more he/she Y's

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Section Three
Adaptive Child/Functional Adult

Adaptive Child / Functional Adult

(Adapted From Pia Mellody)

Adaptive Child	Functional Adult
<ul style="list-style-type: none"> • Black & White • Perfectionistic • Relentless • Rigid • Harsh • Hard • Certain • Tight in body 	<ul style="list-style-type: none"> • Nuanced • Realistic • Forgiving • Flexible • Warm • Yielding • Humble • Relaxed in body

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Homework for Day 1 - Journal

- 1 **Self esteem - grandiosity and shame**
 - going 1 up or 1 down -
 - what was the trigger
 - what was the physical sensation in your body
 - what feeling did you have and what thought was connected to it
 - then intervene with refutation messages
- 2 **Boundaries - boundaryless or walled off**
 - about your containing & your protective boundary
 - How would you categorize your mother's and father's containing and listening/protective boundary?
 - How is yours the same or different?

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**Homework for Day 1
Empower The Functional Adult**

Letter to the Adaptive Child

My Dear Adaptive Child:

- 1 Thank you for all you've done
- 2 These are the things you've given to me
- 3 These are the things you've cost me
- 4 I'm here now. I can take care of both of us.


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SKILLS™ Workshop: DAY TWO
Good Morning! Welcome back!

AGENDA DAY TWO




- Check in
- Core Negative Image
- Five Winning Strategies
- Feedback Wheel Part I
- Feedback Wheel Part II
- Keep it Going
- Check Out & Good byes



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Section One
Homework Check-In
Self-Esteem, Boundaries, Adaptive
Child Letter



Section Two
Core Negative Image

CNI's & CNI-Busting Behaviors

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Core Negative Image

Who your partner becomes to you in those most difficult, irrational, least-loving moments

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Core Negative Image

A Bitter Pill:

- Your partner's CNI of you is...
- exaggerated
- you at your WORST, not even at baseline
- not completely accurate

AND

Your partner's CNI of you is **TRUE**

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Core Negative Image

Change:
When you can accept the germ of truth
your partner is telling you
You can stop the fight

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Using CNI's to HELP your relationship

- Make each other's CNI's explicit
- Acknowledge the truth in each other's CNI's
- Identify CNI-busting behaviors
- Use CNI as your compass

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CNI Exercise #1 (Self-Work)

DIRECTIONS:

- Write down what your CNI is of your partner, and what you think your partner's CNI is of you
- On the next page, come up with three behaviors your partner does to "drive you nuts" and three they could do to "help you feel better."

DO NOT SHARE THIS WITH YOUR PARTNER AT THIS TIME

TIP:

- Be specific and brief
- For your CNI, 3 - 5 adjectives will do

EXAMPLES:

- Controlling, angry, condescending and "critical mother"
- Irresponsible, fun-seeking, forgetful and selfish

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CNI Exercise #2 (Small Group; Without Partner)

DIRECTIONS:

- We will split you into groups of three WITHOUT YOUR PARTNER
- (10 minutes)
- Take turns sharing your CNI statement with one another (help each other to get it as focused as possible, 3-4 adjectives)
- (10 minutes each)
- Each person also shares with the group ONE of the behaviors their partner does that drives them crazy and what the partner could do to change this to a busting behavior (group helps to hone this as well so it is specific and behavioral.)
- Each person has up to 10 minutes to complete this exercise

DO NOT SHARE THIS WITH YOUR PARTNER AT THIS TIME

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CNI Exercise #3 (Small Group; WITH Partner)

DIRECTIONS:

- **Partner A:**
 - Share your CNI of your partner to your partner
 - Share what you think your partner's CNI might be of you
 - Share ONE of the behaviors from your lists re: what your partner does that drives you nuts and what they could do to help you feel better.
- **Partner B:**
 - Visualize your protective and containing boundaries. Put them up!
 - Make sure you understand the behavior that makes your partner nuts, and how you might make them feel better. Would you be willing to actually agree to do the behavior that would bust the CNI and if not, what would you do?
- **GROUP:**
 - Support each person to stick to the directions above
 - Support the listener to put up their boundaries!
 - You are helping each person stay boundaried, specific and behavioral.

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Section Three
THE FIVE WINNING STRATEGIES

THE FIVE WINNING STRATEGIES

1. Go After What You Want
2. Speak To Make Things Better
3. Listen To Understand
4. Respond With Generosity
5. Cherish What You Have

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1 - Go After What You Want

- 1 **Get Their Attention**
 - Dare to Rock the Boat
- 2 **Break It Down**
 - Be Behavioral and Specific
 - Give them a way to Deliver
- 3 **Make it Worth Their While**
 - Give biscuits not boots
 - Reinforce and reward what you are getting

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2 - Speaking

- 1 **Moving from complaint to request**
 - From negative/past focused to positive/future focused
 - You don't have the right to complain about not getting what you never asked for
- 2 **How to speak**
 - Speak it clean
 - I statements
 - Be respectful (use your containing boundary)
 - Don't let a great message get lost in the delivery
- 3 **When you feel the need to complain move to the feedback wheel...**

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The FEEDBACK WHEEL - Part 1

SPEAKING TO MAKE THINGS BETTER

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2 - Speaking: Feedback Wheel

1 Contract to speak

- Is now a good time?
- If partner says "yes" then use feedback wheel
- If s/he says "no," this is a form of distance-taking
 - Responsible (explanation and promise)
 - Provocative (end-of-story no)
- Let your partner know you'll keep it brief
- Reassuring to your partner
 - Responsible "I need about 15 minutes"
 - Provocative "We need to talk!"

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2 - Speaking: Feedback Wheel

2 Move into the four steps of the feedback wheel

Use *The Feedback Wheel*

3 Lead with acknowledgement

- What I experienced
- What I made up about it
- How I feel about it
 - *Primary feelings: Joy, Pain, Anger, fear, Lust, love, Shame, Guilt
- What I would like

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2 - Speaking: Final Step on Feedback Wheel

● Detach from the outcome!

THE SERENITY PRAYER

*God grant me the serenity
to accept the things I cannot change;
the courage to change the things I can;
and the wisdom to know the difference.*

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The FEEDBACK WHEEL - Part 2

LISTENING AND RESPONDING

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3 - Listen to Understand: Feedback Wheel

● The Bitter Pill:

The Listener Role
and
The Speaker Role are...
different roles.

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3 - Listen to Understand: Feedback Wheel

- 1 Put Yourself Aside
- 2 Put "Objective Reality" Aside
- 3 What Is Your Partner's Experience?
- 4 Can You See How S/He Feels As He Does?

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3 - Listen to Understand: Feedback Wheel

- 1 Points Of Contention
Become...
Points of Curiosity

"Every Man Is Rational Unto Himself"

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4 - Respond With Generosity: Feedback Wheel
(Relationship Ju-jitsu)

- 1 **ACKNOWLEDGE** whatever you can.
- 2 **GIVE** as much as you can.

What will this cost me?

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5 - Cherish What You Have

❶ **"Miserable/Comfortable" vs. "Happy/Uncomfortable"**

❷ **Learn to take YES for an answer**

- *Complaining About Not Having Something is Very Different Than Allowing Yourself To Receive It*

❸ **The Best Way To Get More Of Something Is To Cherish As Much As You Have.**

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KEEP IT GOING

Turning Intentions into Reality

❶ **How Do We Sustain the Change?**

- Translating insights into action
- Some pointers:
 - Reflect
 - Take it seriously and do what is necessary to make it work
 - Practice being relational minute to minute
 - Be gentle with yourself. This is about learning to do things differently (*2nd Consciousness*)
 - Create a *Relational Life Community* - Become "Partners-In-Health"

The pull of old patterns is so great you're going to need SUPPORT to sustain new behaviors

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Use TIME OUTS:

🕒 **“I need time to maintain my composure.”**

🕒 **Check In:**

- 20 minutes
- An hour
- A morning, afternoon, or evening
- An overnight

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Relational Practice Heals

*Real Healing Comes When WE
Take Care Of Our Inner Children
Rather Than Foisting Them Off
On Our Partners To Deal With*

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**Dare To Change
THE LEGACY**

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