

Bill Denney, Session 4

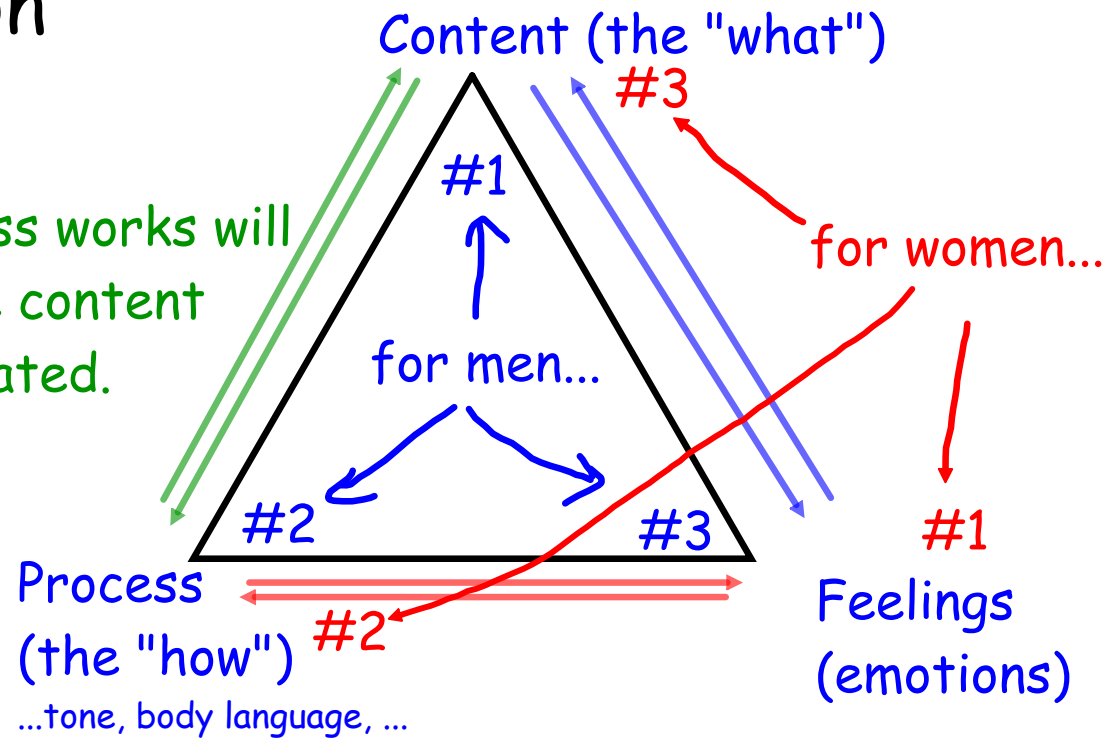
April 4, 2016

Topics tonight:

1. Communication
2. Conflict Management
3. Ego States

Communication

How the process works will affect how the content gets communicated.



The owner of the conversation owns it.
 The responder has to follow suit.

Rules:

- don't judge/blame, etc.
- truth is never imparted by argument
- avoid the question "why"
- avoid the word "should"
- don't let the other person drag you into an argument

You don't have to attend every argument that you've been invited to.

Conflict Management

Conflict rating: 9 is highest (most important), 1 is lowest

		Conflict			
		Issue		Relationship	
<i>"synergistic style"</i>	win	9	9	win	(the ideal)
	compromise	5	5	compromise	
.....					
<i>"win the issue, lose the relationship"</i>	yield	1	9	lose	
	win	9	1	lose	
	lose	1	1	leave	

Most relationship conflicts come from not talking enough.
Second biggest problem: coming to a decision too quickly.

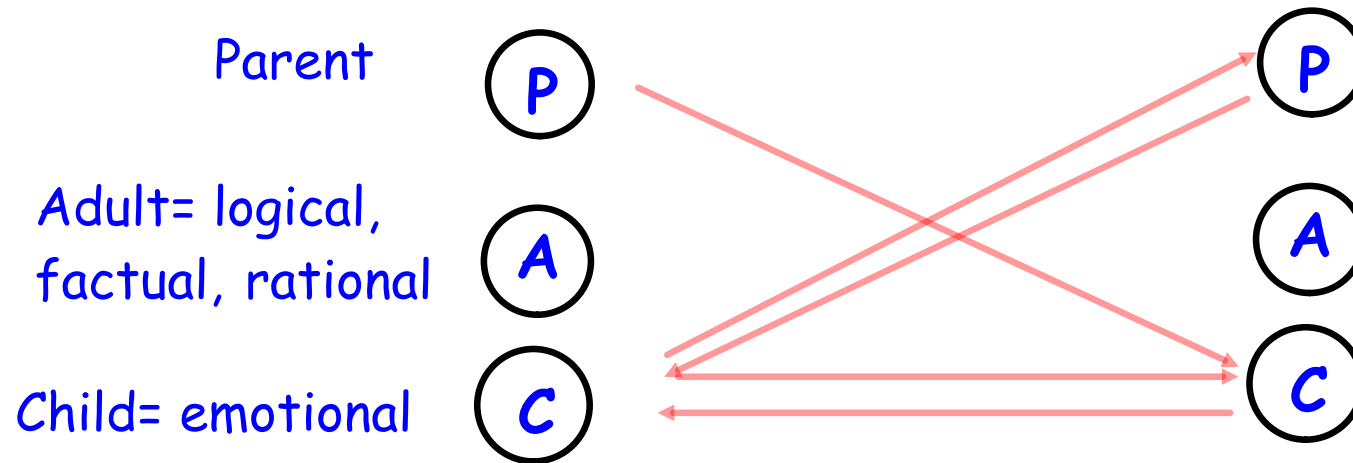
Suggestion: establish the rules before you begin a conversation about a contentious issue. Decide, "Let's come up with a 9-9 resolution," (or another style...just agree first!)

Ego States

Psychological theory:
all people have 3 ego states:

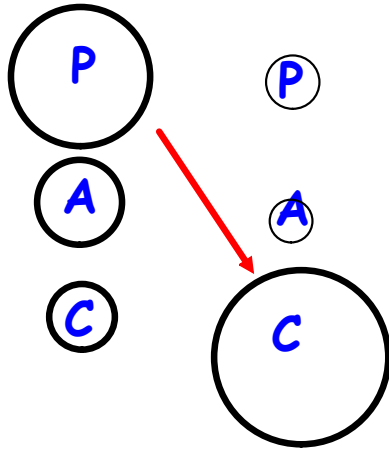
Everything person 1
says comes from one
of the 3 ego states

Everything person 2
hears comes from one
of the 3 ego states

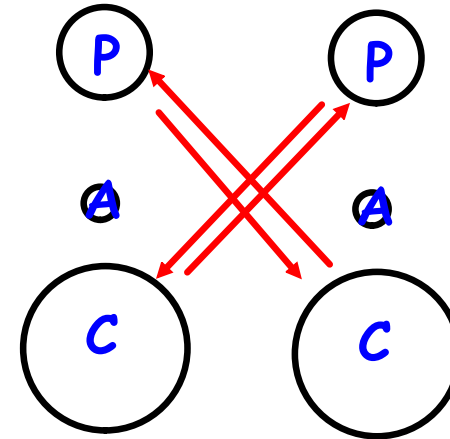


Decide ahead of time that your response in conflicts must come from your adult state.

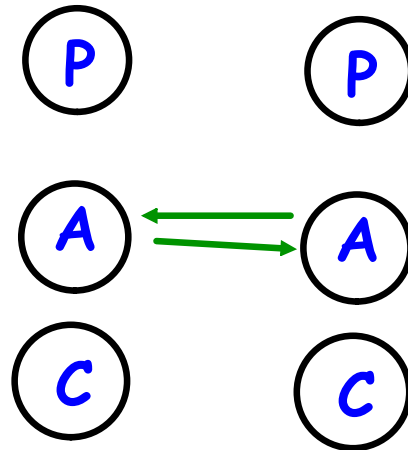
Actual Parent/Baby relationship



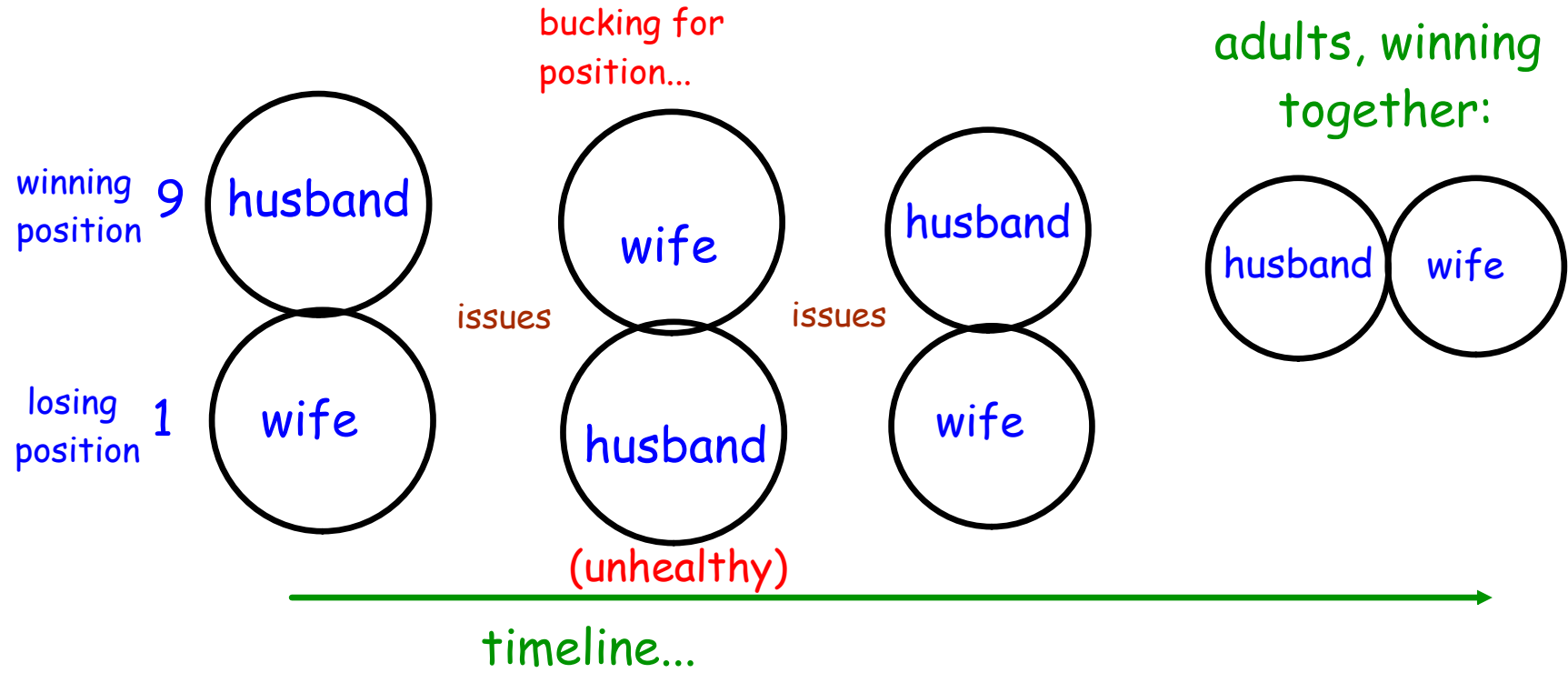
Abused/immature/unhealthy relationships



Healthy Relationships



Marriage pattern:



Take-aways:

- I will be the adult in a conversation.
- I will not argue.
- I will follow the style of discussion of the person who starts the conversation.
- I will work together to come up with a win-win solution.

- If both partners in a marriage are acting as adults, then a successful marriage is "not rocket science."