



Managing Our Differences Thru Connected Time-Outs



Isn't it great to be in the experience of flow and ease with others?

Remember that there will always be differences. It's how we **MANAGE** the differences that determines whether we will create harmonious connections or unpleasant ones.

Nearly ALL unpleasant experiences in personal relationships take place because one or both parties **ESCALATE** the conflict. In "defending our self or our position," the other experiences an attack. To regain the flow in conflict, it is essential to learn to **SLOW DOWN!**



The moment that either person feels discomfort OR concern that this could escalate, he/she calls **YELLOW LIGHT. CAN YOU EACH MAINTAIN EYE CONTACT AND BREATHE DEEPLY FOR A MINUTE IN QUIET SELF-REFLECTION?** At this point, everyone stops talking and connects to their breathing and self reflection. Breathe deep in to your belly. This helps to center you. Ask yourself, "Can I authentically CARE about the other as well as myself?" Be honest with yourself. If you both can, and you both believe you can care about the other, proceed slowly with one thought at a time. Do you have enough in your "well" to listen & to care?



Often, we are too Angry, Tired, Frustrated or Overwhelmed to genuinely show the care, kindness and respect that nurture conversation. If either of you CANNOT stop talking, OR you cannot look at each other, OR you cannot identify and empathize with each others' feelings and needs/values, then it is **RED LIGHT: TAKE A TIME OUT!** Never VENT at another person.

Move into separate spaces, and fill out the **Challenging Situation Worksheet**. REASSURE this person that you care about them, tell them you need a time out and give them a realistic estimate of how much time you need before you will check in again. Then separate right away. Do not try to converse other than to PROVIDE REASSURANCE that the Time Out is an act of CARE for the relationship. Do not reconnect until you BOTH are capable of caring about each other's feelings and needs.



Once you come back together, present one thought at a time, based on your self reflection and notes from the **Challenging Situation Worksheet**. Listen with your Compassionate Heart, and not the judgmental mind. Remember to practice **THE SEVEN ADJUSTMENTS**, and choose LOVE over FEAR, CARE over JUDGMENT. Remember that we do not need to agree in order to understand each other. Practice empathy and imagine the other person's point of view, feelings and needs/values.

You may also consult your local LOVE COACH at any point in the process for support.

The Seven Adjustments™



Moving from **Pain & Fear** to **Love**

Ask yourself:

1. Am I **willing** to practice new ways of thinking, listening and expressing?
2. Am I genuinely **curious** to know what is 'real' for the other?
3. Can I feel **compassion** for the pain of unmet needs on both sides?
4. Am I **willing** to **accept** what is so just as it is?
5. What authentic **reassurance** can I provide to the others?
6. What might I offer or request that would demonstrate my **understanding** of their feelings, needs and commitments?
7. What can I **appreciate** myself and the other for?



Challenging Situation Worksheet

Date :

What is the situation?

1. What stories am I telling myself about this situation?

All thoughts about others are projections. When I describe the situation, what parts of my story could be seen as judgmental? Blaming? Shaming? Accusing? Criticizing? Or Making the other wrong? Do you feel good or upset when you think these thoughts?

After identifying your thoughts, projections and judgments, acknowledge that these thoughts are **stories** and not the whole reality.

2. What am I longing for?

Use the *Universal Needs, Value, Longings and Desires* list.

3. What am I feeling?

Use the *Emotions Inventory*; clarify your emotions from your stories.

4. What do I imagine the other person is thinking, feeling & needing?

5. How can I listen and express in a way that demonstrates care and compassion?

If possible, listen to them first. Establish your care! If we cannot authentically care about the other persons feelings and desires, we are not ready to connect. Ask yourself: *How can I best establish connection?*

Avoid any words that could be perceived as judgment, blame, shame or criticism

Emotions Inventory

The following are the words we use when we want to express a combination of emotional states and physical sensations. This reduced list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

Emotions when your needs/values/longings are not satisfied

AFRAID

frightened
scared
suspicious
terrified
worried

ANNOYED

frustrated
impatient
irritated

ANGRY

hate
shocked
surprised
upset
violent

CONFUSED

hesitant
torn

EMBARRASSED

DISCONNECTED

bored
distant
indifferent
numb
uncomfortable
withdrawn

TIRED

exhausted
sleepy

SAD

depressed
despair
disappointed
discouraged
grief
heartbroken
hurt
lonely
nostalgic
regretful

TENSE

anxious
irritable
nervous
overwhelmed
stressed out

VULNERABLE

guarded
insecure
sensitive

Emotions when your needs/values are satisfied

AFFECTIONATE

compassionate
loving
open
warm

ENGAGED

curious
interested

HOPEFUL

encouraged
optimistic

CONFIDENT

empowered
open
proud
safe
secure

EXCITED

aroused
eager
enthusiastic
passionate

GRATEFUL

moved
touched

INSPIRED

JOYFUL

delighted
happy
ecstatic
elated

REFRESHED

renewed
rested

PEACEFUL

calm
clear headed
comfortable
centered
content
fulfilled
relaxed
relieved
satisfied
trusting

Universal Human Needs/Values

We can also refer to these as our longings, desires, inspirations and motivations.

SECURITY & SUBSISTENCE

Physical Sustenance

Air
Food
Health
Movement
Physical Safety
Rest / Sleep
Shelter
Touch
Water

Security

Consistency
Order / Structure
Peace (external)
Peace of mind
Protection
Safety (emotional)
Stability
Trust

FREEDOM

Autonomy

Choice
Ease
Independence
Power
Self-Responsibility
Space
Spontaneity

Leisure / Relaxation

Humor
Joy
Play
Pleasure
Rejuvenation

CONNECTION

Affection

Appreciation
Closeness
Companionship
Harmony
Intimacy
Love
Nurturing
Sexual Expression
Support
Tenderness
Warmth

To Matter

Acceptance
Care
Compassion
Consideration
Empathy
Kindness
Mutual Recognition
Respect
To be heard
To be seen
To be know
To be understood
To be trusted
To understand others

Community

Belonging
Communication
Cooperation
Equality
Inclusion
Mutuality
Participation
Partnership
Self-Expression
Sharing

MEANING

Sense of Self

Authenticity
Competence
Creativity
Dignity
Growth
Healing
Honesty
Integrity
Self-Acceptance
Self-Care
Self-Connection
Self-Knowledge
Self-Realization
Mattering to myself

Understanding

Awareness
Clarity
Discovery
Learning
Making sense of life
Stimulation

Meaning

Aliveness
Challenge
Consciousness
Contribution
Creativity
Effectiveness
Exploration
Integration
Purpose

Transcendence

Beauty
Celebration of life
Communion
Faith
Flow
Guidance
Hope
Inspiration
Mourning
Peace (internal)
Presence

PRIMARY NEEDS: PRIMARY EMOTIONS:

*Connection	Glad
*Safety	Scared
Respect	Mad
Appreciation	Sad
To Be Seen Clearly	Frustrated
To Be Understood	Confused

From the moment we wake up, until we go to sleep night, nearly everything that we do is a strategy or attempt to meet these universal human needs/values in a certain way. Please do not confuse the word needs with the judgment of "being needy."