

Managing Our Differences Thru Connected Time-Outs



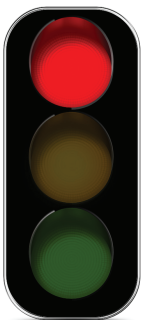
Isn't it great to be in the experience of flow and ease with others?

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.