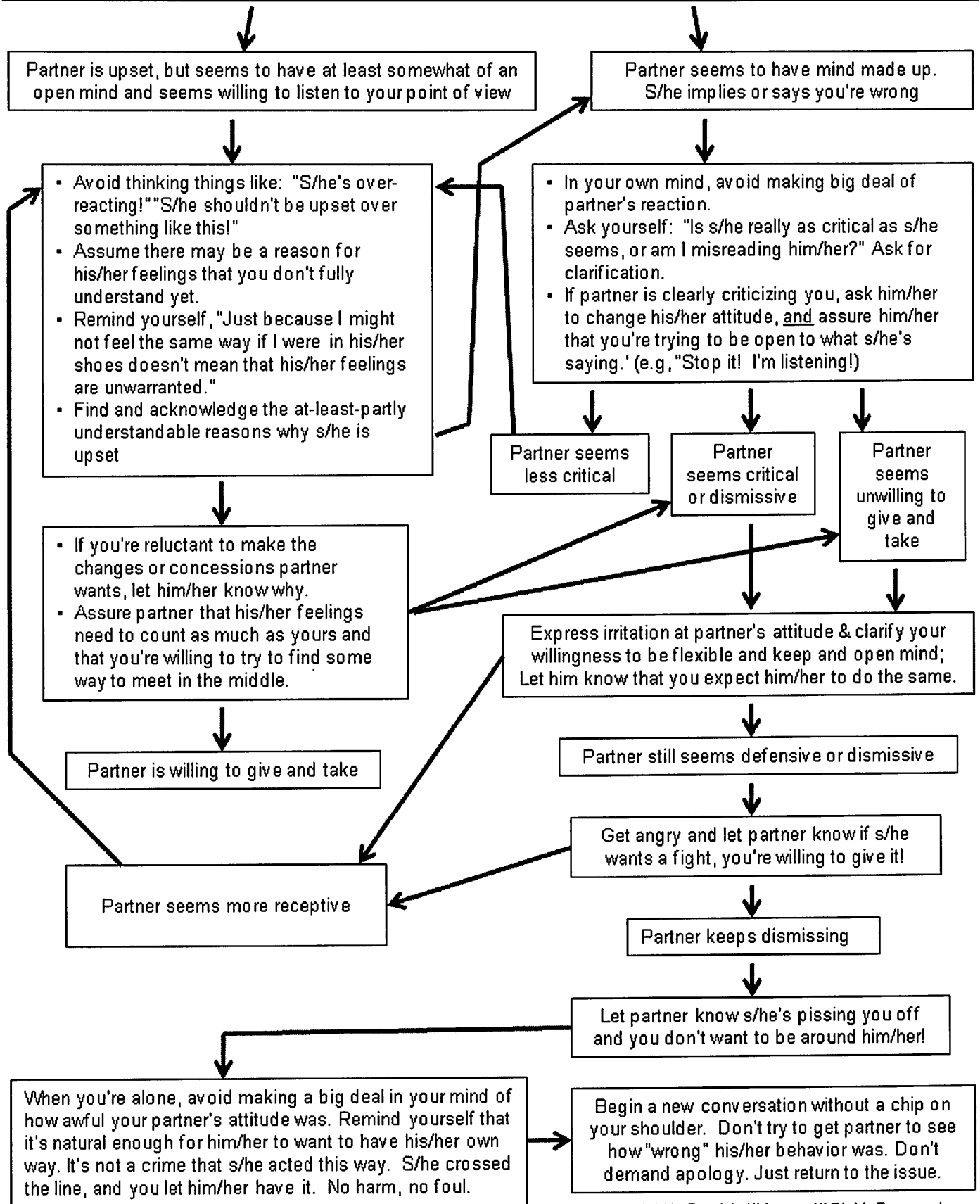
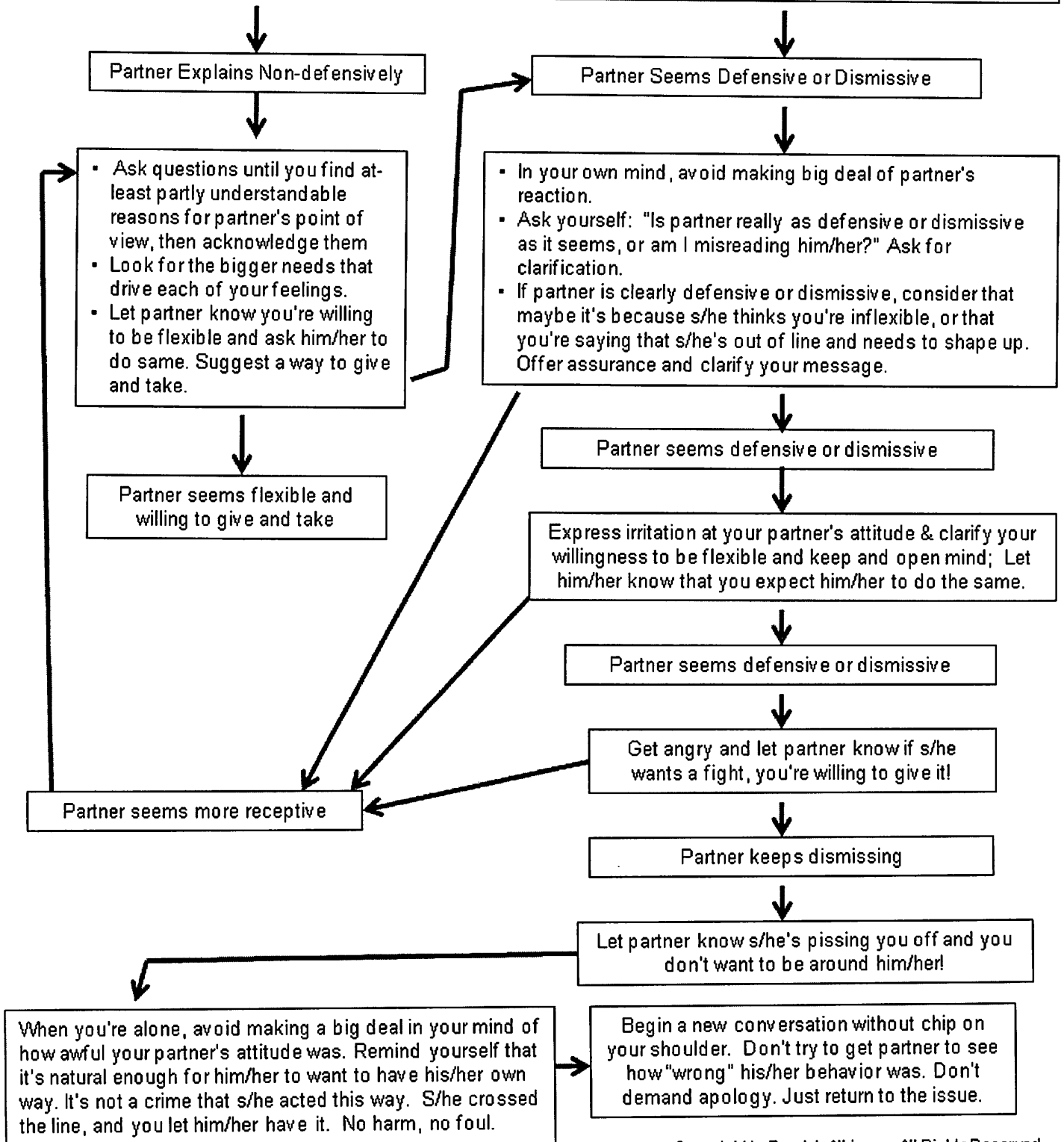


When Your Partner Gets Upset or Expresses Dissatisfaction First



When You Get Upset or Express Dissatisfaction First

- Assume there must be a reason for his/her thinking or actions that you don't fully understand yet.
- Consider that this situation might not be about right/wrong, but rather about legitimately different priorities
- With an open mind, ask your partner why s/he is acting (or acted) that way
- Hear your partner out and refrain from disputing or debating what s/he is saying before s/he's able to explain fully.



Core Differences in Ways of Maintaining Emotional Stability (Legitimately Different Ways of Navigating Life)

<p style="text-align: center;">1</p> <p style="text-align: center;">Independence vs. Togetherness</p>	<p style="text-align: center;">Independence-First</p> <ul style="list-style-type: none"> ➤ Often prefer to engage in activities and tasks independently ➤ Each partner mostly assumes responsibility for meeting their own needs and completing their own tasks. ➤ Rather than assuming responsibility for anticipating each other's needs, each partner expects the other to speak up when they need something. <p><i>Dream:</i> Not having to worry about inadvertently hurting someone by one's inattentiveness. Not being responsible for someone else's happiness.</p> <p><i>Fear of Accepting Influence:</i> I'll spend my whole life meeting my partner's needs, and I'll be neglected.</p> <p><i>Critical Stance:</i> You want me to read your mind! You expect too much! You're too needy! You want me to do things for you that you're perfectly capable of doing for yourself! You're too needy!</p>	<p style="text-align: center;">Togetherness First</p> <ul style="list-style-type: none"> ➤ Often prefer to engage in activities and tasks together. ➤ Each partner counts on help from the other in completing tasks or shouldering burdens. ➤ Each partner anticipates the needs of the other, and attempts to meet them without having to be asked. <p><i>Dream:</i> That my partner would take my feelings into consideration without my demanding it. A feeling of companionship. Never having to be alone.</p> <p><i>Fear of Accepting Influence:</i> I'll feel like I'm in this world alone. There will be nobody looking out for me but myself. I've got no backup. I'm on my own.</p> <p><i>Critical Stance:</i> You live in your own little world! You're self-centered (or selfish)! Any moron would have realized that I needed help. I shouldn't have to ask!</p>
<p style="text-align: center;">2</p> <p style="text-align: center;">Present vs. Future Orientation</p>	<p style="text-align: center;">Invest in the Future First</p> <p>Delay gratification. Work first, then play</p> <p><i>Dream:</i> To share a secure future together.</p> <p><i>Fear of Accepting Influence:</i> If we goof around along the way, we may invest inadequately in our future happiness.</p> <p><i>Critical Stance:</i> You're lazy! You're irresponsible! You're like a child who has to have everything right now!</p>	<p style="text-align: center;">Live for the Moment First</p> <p>Invest in the future, but not at the expense of enjoying the present</p> <p><i>Dream:</i> To have a life where you enjoy each moment.</p> <p><i>Fear of Accepting Influence:</i> Life will be a continual chore. What's the point, if you don't enjoy it along the way? There will always be more work... enjoyment will fade.</p> <p><i>Critical Stance:</i> You're anal, neurotic, anxious, etc.</p>
<p style="text-align: center;">3</p> <p style="text-align: center;">Degree of Structure</p>	<p style="text-align: center;">Predictability First</p> <p>Seek security, predictability and order first, then feel safe to experiment within the safe parameters.</p> <p><i>Dream:</i> To have a safety net so that life feels more stable, less anxiety-provoking.</p> <p><i>Fear of Accepting Influence:</i> If you don't plan it, it might not happen. Life will be out of control.</p> <p><i>Critical Stance:</i> You're reckless!</p>	<p style="text-align: center;">Spontaneity First</p> <p>Seek adventure, creativity, open-endedness first; the rest will fall into place. Be more structured only if a more spontaneous approach fails.</p> <p><i>Dream:</i> To avoid boredom. Life as an adventure!</p> <p><i>Fear of Accepting Influence:</i> Slowly dying of boredom. Life will be dull and meaningless.</p> <p><i>Critical Stance:</i> You're boring! You're a coward!</p>
<p style="text-align: center;">4</p> <p style="text-align: center;">First Reaction to Things You Don't Like</p>	<p style="text-align: center;">Slow to Upset</p> <p>Getting upset doesn't help anything. Don't make a big deal of things. It's not the end of the world if everything doesn't go the way you wanted it to.</p> <p><i>Dream:</i> To have a partner who doesn't freak out when I fail to meet his/her expectations.</p> <p><i>Fear of Accepting Influence:</i> That life will become a never-ending series of things to be upset about.</p> <p><i>Critical Stance:</i> You are never satisfied! You're a negative person. You're not happy unless you have something to be upset about!</p>	<p style="text-align: center;">Readily Upset</p> <p>It's normal to feel upset when something seems wrong, deficient or less than it should be. If nobody gets upset, nothing ever changes.</p> <p><i>Dream:</i> To have a partner who understands that there's nothing wrong with getting upset if something bothers you.</p> <p><i>Fear of Accepting Influence:</i> That I'll go through stifling my feelings. I'll feel like a Stepford wife.</p> <p><i>Critical Stance:</i> You're a fake. Underneath it all, you get just as upset as I do. You're just afraid of a little conflict! You're a wimp!</p>
<p style="text-align: center;">5</p> <p style="text-align: center;">Resolving Upset Feelings</p>	<p style="text-align: center;">Problem Solving First</p> <p>Feel better by doing something about the upsetting situation. Solve the problem or make a plan and you'll feel better.</p> <p><i>Dream:</i> To have a partner who lets by-gones be by-gones --who has a positive attitude toward life.</p> <p><i>Fear of Accepting Influence:</i> I don't want to "fuel the fire" by giving her negative feelings too much attention.</p> <p><i>Critical Stance:</i> You're a hopelessly negative person, a whiner, a victim. Stop feeling sorry for yourself and get over it. Either do something about it or get over it!</p>	<p style="text-align: center;">Understanding First</p> <p>Feel better by feeling understood.</p> <p><i>Dream:</i> For someone to understand what its like to be me. To avoid loneliness</p> <p><i>Fear of Accepting Influence:</i> If you let go of upset feelings before feeling understood, you will never feel understood. You'll just fix things on the surface.</p> <p><i>Critical Stance:</i> You could care less about how I feel. You just want to pretend the whole thing never happened!</p>

The Prerequisites for Relationship Success and Ten Habits that Enable Partners to Meet Them

MANAGING CONFLICTS

Prerequisite #1: Soft Startup

Predictive Habit #1: Avoiding a Judgmental Attitude

Predictive Habit #2: Standing Up for Yourself Without Putting Your Partner Down

Prerequisite #2: Accepting Influence

Predictive Habit #3: Finding the Understandable Part

Predictive Habit #4: Giving Equal Regard

Prerequisite #3: Effective Repair

Predictive Habit #5: Offering Assurances

Prerequisite #4: Respecting Your Partner's Dreams; Holding on to Your Own

Predictive Habit #6: Understanding and Explaining What is at Stake

CONNECTING DURING NON-CONFLICT TIMES

Prerequisite #5: Five Positives for Every Negative

Predictive Habit #7: Curiosity about Your Partner's World

Predictive Habit #8: Keeping Sight of the Positive

Predictive Habit #9: Pursuing Shared Meaning

Predictive Habit #10: Making and Responding to Bids for Connection