

<h2 style="text-align: center;">Vulnerability</h2> <p>Defined A willingness to let your emotions, needs, boundaries, contributions, thoughts to be seen.</p>	<h2 style="text-align: center;">Ownership</h2> <p>Defined Taking accountability for your emotions, needs, boundaries, contributions, thoughts and not owning what isn't yours.</p>	<h2 style="text-align: center;">Com. Process</h2> <p>Defined The communication we use moment by moment to move through process.</p>	<h2 style="text-align: center;">Acceptance</h2> <p>Defined Letting go of what we can not control and embracing reality.</p>	<h2 style="text-align: center;">Boundaries</h2> <p>Defined Guidelines for acceptable and healthy behavior in relationships with others.</p>
<p>Practice vulnerability if you feel: Defensive, Disconnection, or Deception</p> <p>Characteristics of Vulnerability (V):</p> <ul style="list-style-type: none"> - Contains risk, uncertainty, and no guarantees. - It is often scary because it opens you up to legitimate suffering including being judged, rejected, or experiencing loss. - You first must own your emotions, boundaries, thoughts, contributions, etc., before you can express them. - It disarms defensiveness in yourself and, often, others. - Boundaries are required. - V is the pathway to connection. You can't have self-protection & connection at the same time. - V is an act of courage. <p>Ask yourself:</p> <ul style="list-style-type: none"> - Have I owned my needs, emotions, boundaries, and thoughts, and have I shared them? - Am I hiding my true self? What are the likely consequences of remaining hidden or not letting myself be seen? - Have I set the boundaries necessary to feel sufficiently safe to choose V? - What are my barriers to being V? - What are my reasons for being V? 	<p>Practice ownership if you feel: Blaming, Hopeless, Powerless</p> <p>Characteristics of Ownership:</p> <ul style="list-style-type: none"> - Taking ownership helps you understand how you got to this place in your conflict, emotions or situation. It provides a road map of where you have been and the direction you are going. - You cannot own what you cannot control, i.e., other peoples emotions, responses, choices, behaviors, etc. - Ownership helps you understand your choices. - Lack of ownership leaves you trapped in justification and the drama triangle. <p>Ask yourself:</p> <ul style="list-style-type: none"> - How did I get to this place in conflict? - What are my needs and what am I willing to do to work towards them? - What do I have the power to change in this conflict? - What is NOT mine to own? - What are my needs, emotions, boundaries, and contributions? - What can I control? - What can't I control? 	<p>Practice the communication process if you feel: Certainty, Confusion, Storytelling</p> <p>The Communication Process:</p> <ol style="list-style-type: none"> 1. ASK Open & Honest Questions <ul style="list-style-type: none"> - Open questions provide the most options for how a person wants to respond. - An honest question comes from a place of deep curiosity where you don't assume you know the answer. 2. Engage in Mindful LISTENING <ul style="list-style-type: none"> - Listen with your whole body. Pay attention to what you see & feel. - Listen for their needs, emotions, and behaviors. - Listen for understanding. 3. EXPRESS your emotions, needs, boundaries, thoughts, emotions, etc., with ownership and vulnerability. <p>Ask yourself:</p> <ul style="list-style-type: none"> - The story I'm telling myself about is situation or person is _____. - What can I ask the other person to discover their needs, emotions, thoughts, and boundaries? 	<p>Practice acceptance if you feel: Frustration, Desire to Control, or Disappointment</p> <p>Characteristics of Acceptance:</p> <ul style="list-style-type: none"> - Letting go of all attempts to control another's thoughts, emotions, or behaviors, or to limit or remove their choices. - Embrace the reality that you do not know what the other person is thinking and feeling, nor their intentions. - Embrace the reality that all change leads to loss. - Embrace the grieving process that loss brings. - The forgiveness process naturally flows out of acceptance work. <p>Ask yourself:</p> <ul style="list-style-type: none"> - What emotions, behaviors, and thoughts am I trying to control in another person? - What expectations of myself or others need to be let go? - Are there any losses that I need to recognize and grieve? - What is not in my control to change? 	<p>Practice boundaries if you feel: Unsafe, Distrust, Uncomfortable</p> <p>Characteristics of Boundaries:</p> <ul style="list-style-type: none"> - They define what you are okay with and what you are not okay with. - They help form identity - They are necessary for creating healthy relationships. - They include physical, emotional, cognitive, and shared activities. - They are necessary building blocks for intimacy and trust in relationships. <p>Ask yourself:</p> <ul style="list-style-type: none"> - What do I need to feel safe emotionally, physically, and mentally in my relationship? - Have I identified & explored my boundaries? - Have I clearly expressed them? - Have I protected them when they are violated? - Are my boundaries too rigid? - Too flexible? - Am I being sensitive & respectful of other's boundaries?
<p style="text-align: center;">GIFTS</p> <p>For you: Authenticity/Wholeness For them: Trust Facilitates: Connection</p>	<p style="text-align: center;">GIFTS</p> <p>For you: Empowerment For them: Competency Facilitates: Cooperation</p>	<p style="text-align: center;">GIFTS</p> <p>For you: Understanding For them: Witnessed or Seen Facilitates: Change/Possibilities</p>	<p style="text-align: center;">GIFTS</p> <p>For you: Serenity For them: Independence/Autonomy Facilitates: Peace</p>	<p style="text-align: center;">GIFTS</p> <p>For you: Safety For them: Respect Facilitates: Intimacy & Trust</p>

