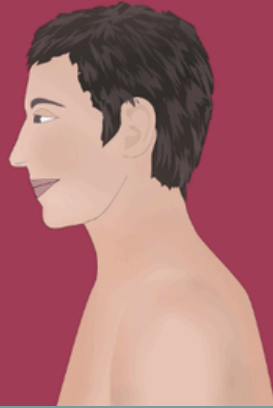


Le Troisième Pôle



7 STEPS

to make good use of a conflict



1 - My partner says something that hurts me. My negative emotion is very strong.

2 - I feel in danger! I feel that he/she is my enemy. I feel like attacking or withdrawing from the relationship.

3 - Try not to react immediately. Meditate and check if you have felt this emotion before. Was it during your childhood? Make the connection between today's strong emotion and the event or situation in the past. Is there a negative conclusion about you or your partner and/or the relationship? Write it down.

4 - Ask yourself: Did my partner intend to hurt me with his or her action or expression? Most of the time, the answer is NO. Take a breath. This is an opportunity to heal something from my own past.

5 - I can reassure my inner child and be fully present to his/her suffering in the past. I can be his/her good parent now and give him/her what he/she has missed. My partner is not his/her parent.

6 - I can share the experience of my inner work with my partner by expressing myself vulnerably rather than defensively. "When you said or did that, here's the wound that was reactivated in my past..." I took the opportunity to love my inner child unconditionally, because that's not your role...

7 - I have changed the past and created a new reality for myself in the now... As my partner did not feel accused, he/she can look at his/her contribution to the argument...