

CONFLICT AND SAFETY GUIDELINES

1. Awareness of what is Happening

2. Take a moment to slow down the interaction and reconnect to yourself. Deescalate. For instance, breath deeply for a moment, close your eyes and feel positive sensations in your body, step away so there is more distance between you and other. (This may mean postponing discussion until later. Remember, conflict cannot be resolved if you or the other is in defense. Postponement should not be longer than 24 hours unless violence is possible.)

3. Explore What Childhood Issue or Trauma Might Have Been Triggered and Own Your Part. For instance, when you did that you reminded me of my father and I did not feel loved or safe. As a result of feeling this way I spoke with deep anger.

4. Remind yourself that you are in defense and Connect to your True Self by sending Love, Strength and Compassion to the pain. Our True Self is the part of us that can feel whole even when someone else is judging us. It is adult consciousness and is connected to our inner divine self.

5. Remind yourself the other is in defense and imagine them connected to their true self (what part is theirs). Energetically and/or verbally send understanding to the other person's defenses and pain.

6. Notice what you need from yourself – give it to yourself. Notice what you would like from them and tell them what, if anything, you need from them.

Return to adult consciousness and out of defense. When in adult consciousness you will be able to give love to self when others can't give it to you, give love to others and receive love from others.

These three skills may be new to you. Discover which ones are most difficult to master. If needed, get support in mastering them by working with a therapist, friends, and/or family.

Feel free to reprint as long as credit is given to: Carolyn Eberle, MA, LPC; Mind Energy Body Institute; 720/530-7621 eberle01@sprynet.com