

RESPONS-ABILITY COMMUNICATION IS ASKING FOR HEALING SUPPORT YOUR WORDS INSTRUCT YOUR MIND HOW TO BUILD ITS REALITY! HOSTILITY AND/OR FEAR IN ANY FORM DEFILES PERCEPTION AND INDICATES THE MIND IS USING CORRUPT DATA TO GUIDE YOU! WHO'S IN THERE WITH YOU?

1. COMMITMENT - my goal is to communicate MY REALITY - (rather than winning, overpowering, or abusing you). Invitation - "I have an issue I would like your help in processing."

TIP - If feeling disconnected, afraid, sad, etc. acknowledge that feeling and physically reconnect.

2. OBJECTIVE OBSERVATIONS - Identify the event - not my perception of it. Make it a "WE" event - include myself in the description of what happened. Describe mechanical facts only - take responsibility to make sure we are both speaking of the same event! Describe ONLY what a camera can take a single picture of, and/or what a tape recorder can record. TIP - If your communication partner becomes defensive you probably have not remained objective but have described your reality in a way that attempts to force blame onto them.

3. SUBJECTIVE OBSERVATIONS - I Identify my thoughts and feelings - MY ISSUE! Remember that I am describing and speaking of the output of MY mind - MY REALITY - NOT ACTUALITY! TIP - Language in a way that reflects your awareness that you are describing your reality and that you are willing to be 100% responsible for that reality. (Your issue = your offspring). The goal is to own AND admit you have an issue! To own your reality, not to prove THEY are the problem OR that your reality is true about them!



4. What I want FIRST is to heal! Remembering the distorting power of the way 'I want it to be!' I CANCEL all other GOALS! My request always relates to receiving support in HEALING MY ISSUE in #3. I let go of problem solving, figuring it out, or trying to get them to change! If this tool is used to manipulate them into change it WILL backfire. The more specific I am in identifying my painful reality the more powerful this step will be in creating healing. TIP - Remember to be responsible for what surfaces if you don't get the support you want. It will give you another opportunity to deal with your issues and heal.

5. Ask, "Do you have any ideas?" Actually listen to them as if they were intelligent and let go of the solution - changing them - that my brain has. If I am in pain, I have a thought disorder and am in Blockage Of Truth. I need healing! ASK THIS QUESTION WITH AN OPEN MIND AND LISTEN - I quiet my mind and actually listen to their feedback - they probably have, energetically, the solution I need! Listening is an important component of communication - it dissipates the energy of upset. TIP - Give yourself the space to at least temporarily think and act AS IF what is being offered is totally true and will work!

6. "What I can see that would help is _____." After I receive their ideas I offer any other thoughts on what I see that might support MY healing.

7. If necessary, now that healing is underway/complete, use problem solving to handle the effect aspect of situations. I choose to make sure to continue my healing work if it is appropriate to do this step.

TIP - If you truly choose to heal your life - heal first - problem solve last!

NOTE: IF YOU FEEL A NEED TO WARN THE PERSON YOU ARE DOING

"RESPONS-ABILITY COMMUNICATION" YOU ARE GETTING READY TO DUMP, NOT COMMUNICATE!