

# Relationship Rehab Show

## Episode 51: Train Others How to Treat You

**First:** Learn how to, and then treat others with the respect you want to be shown. How you behave toward others is always 100% your responsibility and choice. Do not ever blame someone else for “causing” your poor behavior. You cannot expect someone else to behave toward you with courtesy and respect if you are unwilling to give them the same.

**Second:** Get whatever help you need to heal past traumas or wounds that tend to interfere with current healthy relationships. Do you tend to read bad motives or behaviors into another’s actions because of your unhealed wounds from the past? Do you assume hurtful meanings behind words or behaviors without knowing how to check to see if your interpretation is correct? (Learn the simple skill of Perception Checking.) Many times we make up a story about what we *think* is meant without any proof. We are all great fiction writers without the skill of Perception Checking.

**Three:** Be comfortable with setting appropriate boundaries for behavior toward you. You deserve to be treated with courtesy and respect. For instance, when your child yells at you, or rebelliously disobeys you, you need to have a clear consequence for that behavior that makes it clear that it will not be tolerated. You also need ways of verbally responding that are respectful to the child, but help him or her calm down. I’m attaching a great exercise called ***Taking Out the Trash*** that helps anyone, even a young child, feel heard and understood causing the calming of emotions.

**Four:** Set appropriate boundaries for yourself. If you are triggered and tempted to yell, rage, say hurtful things, give yourself a Time Out for the purpose of calming your emotions before addressing the current issue.

You have my love and support,

*Nancy Landrum*

[www.RelationshipRehabCoach.com](http://www.RelationshipRehabCoach.com)



**"Taking Out the Trash"** is part of the *Adventures in Marriage* curriculum, by Richard Albertson. (Used with Permission) After asking permission to take out the trash, the listener does not repeat what the speaker says. The listener just asks the following questions of the speaker and repeats each question until the speaker can't think of

anything else in that category before moving on to the next question. Do this with each of the questions without commentary, questions, or advice!

Listener asks: "What are you mad about? What else are you mad about?" And keeps repeating the question until the speaker can't think of anything else. Then...

Listener moves on to this question: "What are you sad about? What else are you sad about?" And, again, repeats until there are no more answers. Then...

Listener asks: "What are you scared (or worried) about? What else are you scared about?"

Listener asks: "What do you want to be different? What else do you want to be different?"

Listener asks: "What are you glad about? What else are you glad about?"



If the speaker seems open to it, a hug might be appropriate...and "Thank you for sharing with me."

Caution: Listener, do not use anything you heard here as a topic for conversation later, unless the Speaker agrees. If you violate this trust, the Speaker will not consent to this exercise again.

This exercise works wonderfully with children, teaching them a safe way to vent their feelings. It also works with adults, or as an outline for journaling.