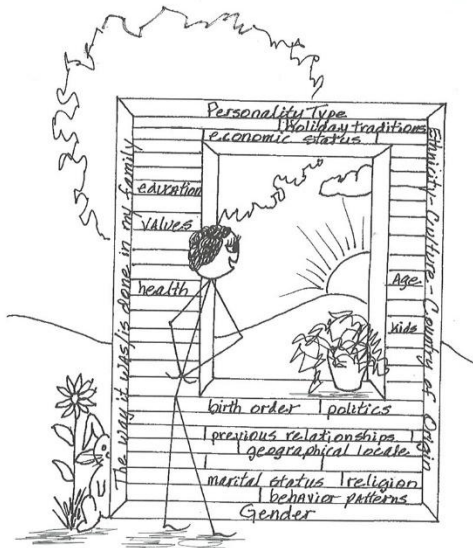


# Relationship Rehab Show

FREE DOWNLOAD for Show #12

RESPECT: How to Eliminate Misunderstandings



From the [www.MillionaireMarriageClub.com](http://www.MillionaireMarriageClub.com) streaming course...

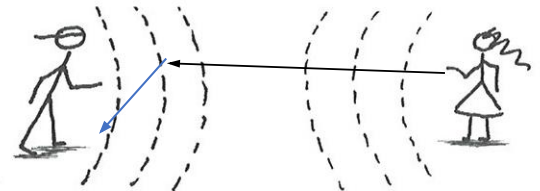
We each have a unique view of the world formulated from all of our past experiences, both happy and unhappy. Everyone's view of any given event or topic is right, based on their own experiences. This was the first lesson Jim and I were taught when we were seeking help to resolve our fighting. We were each stuck on our particular view and, of course, we each thought our view was right and the other's view was wrong.

This right/wrong judgment of each other's point of view is at the heart of all fights (or disagreements.) Letting go of "I'm right and you're wrong" and accepting that both points of view are right is the first step toward resolving

differences.

## WHY MISUNDERSTANDINGS OCCUR:

I may say or do something that to me, has a particular meaning. But before it arrives to the other person, it must pass through his/her "filters" made up of all of that person's past experiences. In that process it may hit an old memory that to Jim, reminds him of his father's impatience because Jim didn't know how to fix his motorbike, something that was no-brainer for his father.



So, my gesture or comment may be heard as disdain, basically communicating, "You must be stupid to not get this!"

**CHOICE ONE:** Jim can act on his interpretation of my comment/gesture, feeling hurt and demeaned and say something sharply like, "I'm not stupid! Your comment was mean!" Or, he can nurse his hurt in silence, creating emotional distance between us.

**CHOICE TWO:** He can do what is known as a Perception Check by saying, "My perception is that you think I am stupid because... Is that true?"

**MY RESPONSE:** If I was believing that Jim was stupid for not getting something I thought was obvious, I must tell the truth. “Yes, there was some judgment in my words or gestures. I’m sorry. Would you forgive me?”

But if I examine my heart and motives and realize there was no judgment attached to my words or gesture, then I can say, “No, I intended no criticism. I’m so sorry if it sounded that way to you!”

**Communication has not taken place until the message received is identical to the message sent!**

Recommended Reading: **Talking to Strangers** by Malcom Gladwell. He makes a great case against trusting our initial interpretations about another person’s feelings or motive’s. Extremely interesting!

**JIM’s NEXT CHOICE:** He can refuse to believe me, believing his own interpretation over my words. In that case we have a “he said, she said” set up that creates a fight, mimicking this endless hamster wheel! “You meant to be mean!” “No, I didn’t mean that! Please believe me!” (Sound familiar?)



Or, Jim can believe me because we’ve made a firm agreement to always be truthful with each other.



Assuming he believes me, he may need a few minutes to calm his upset feelings down that were triggered by his assumption.

Many couples whom I’ve coached have told me that if this were the only skill they learned it would prevent many of their fights!

USE THIS “MARGIN” FORMULA TO HELP YOU REMEMBER HOW TO PERCEPTION CHECK:

- » **M**essage Received
- » **A**ssumption about the Meaning of the Message
- » **R**eaction from the Assumption
- » **G**ive Back Information to the Sender of the Message
- » **I**nquire, “Is my Assumption True?”
- » **N**ecessary Adjustments to one’s upset feelings.

Expectation = an unspoken *assumption* of an agreement.

Agreement = Out in the open, *clear*, verbal, mutual contract.

One of the most powerful agreements you can make with your partner is, "I will always tell you the truth and believe you when you speak." This agreement can be kept if you remember that your own point of view...your interpretation... is based on your unique past experiences that may distort or misdirect your interpretation of words or actions.

*Even if there has not been a formal agreement to tell the truth to each other, the only way to avoid a fight is to believe that the other is telling the truth. It is their responsibility to be truthful or to live with the consequences of telling a lie. You move forward with the assumption that the truth has been told. Do not get on the hamster wheel with anyone of "I don't believe you!" "No, I'm telling the truth!"*

Have some fun with this powerful skill of Perception Checking! Wishing you healthier relationships,

*Nancy Landrum*