

Relationship Rehab Show

FREE DOWNLOAD, Show #13, August 23, 2022

RESPECT 24/7: The Key to Lasting Love

Healthy, Respectful Conflict Management

Anger is useful. Anger lets us know when it's time to make a change in how we do things...when it's time to take action either on our own behalf or on behalf of another. But taking action when you're filled with anger may create choices that you later regret. Stuffing anger is toxic to our bodies and souls. Withdrawing in anger damages the relationship and our health. And anger turned loose on others is abusive.

So, what can you do with anger that helps you move through it so you can make choices that are thoughtful, productive and healthy for all concerned? Or communicate with the person that triggered the anger in such a way that you increase your chances of resolving it with respect?

Here's some ideas, most of which I've used personally, and a few that come highly recommended!

Discharge your anger safely by:

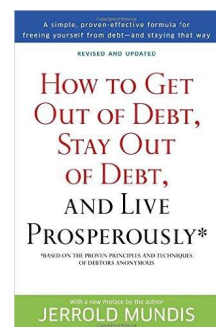
1. Beating a pillow or sofa. Something soft that cannot be damaged or hurt you.
2. Screaming into a pillow...or park your car someplace private and scream to your heart's content!
3. Write your angry thoughts in a journal. Tell your journal all the bloody details of whatever it was that triggered you.
4. Write the offender a nasty letter, no holds barred! Put it all on paper. Then, in a safe place, burn the letter with the intention that the anger be transformed into compassion and respectful actions just as the paper is being transformed into smoke and ash.

5. Garden. Pull those nasty weeds with force! Dig them out while saying all the things you're angry about!
6. Use the recorder on your phone to record what you wish you could say to the so-and-so who did you wrong! Then DO erase the recording! You do NOT want it discovered by anyone. Those words are toxic! Nor do you want to save the energy of that anger around yourself.
7. Do anything that requires upper body motion. Research shows that arm movement helps to dissipate anger most quickly. So, scrub that sink. Sweep the garage out. Shovel snow. Play a vigorous game of basketball or catch.

When are you finished venting?

When you are calm enough to plan sane, respectful words and actions.

1. Ask for a conversation to talk about the issue with the offender. Strategize what you will say and how you will say it in a way that respects both of you.
2. Make a decision to change the situation. Research options. Choose the best one for you and move forward. I love what Tony Robbins says, "We get what we tolerate." So, if you're finished with tolerating a condition, decide what you will do about it. Here are some ideas:
 - a. Conflicted marriage? Learn transformational skills with www.MillionaireMarriageClub.com.
 - b. Abusive spouse? Plan how to leave.
From a safe phone, call the National Domestic Abuse Hotline at [800-799-7233](tel:800-799-7233)
 - c. Deeply in debt? Research options for debt reduction. Buy a book like this one:
Attend a Debtors Anonymous Meeting.
 - d. Child in Trouble? Look for parenting support groups or parenting classes. Find out from your local school what resources they may have to suggest.



- e. Overweight? Choose a plan that will help you develop healthy food habits FOR LIFE! Reject the quick weight loss programs that have a very poor long-term success record. I recommend **Intuitive Eating: a Revolutionary Anti-Dieting Approach** by Tribole and Resch.
- f. Out of shape? Start with small, achievable goals, such as walking around the block and slowly increase the distance. Listen to recorded books or music to make the process more enjoyable.

Planning What to Say

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Mary Ortwein, LMFW

This exercise is essential if you are particularly upset or the issue is very important to you. Your Skilled Discussion will be much more effective if you actually write out the answers to these questions. ☺

My issue or concern:

_ Getting Myself Ready:

1. Start by remembering the good. What's good about this person? This situation?
 - a. Write out the words I'll use to express my appreciation or acknowledgment to him.
2. Speak from my own point of view. How can I make sure that I am expressing my own point of view and not coming across as judging or criticizing? (Use whatever sentence stems are appropriate to write out what you may say.)
3. Talk about my feelings and all that is important to me. What are my feelings? Do I have mixed feelings?
 - a. I feel...
 - b. I also feel...
 - c. I regret...
 - d. I hope you'll forgive me for ...
 - e. I think...
 - f. I believe...
 - g. I hope...

4. Ask for what I want. What do I want?
 - a. Sometimes the first want that pops up is unlikely to happen or unreasonable. Listen to that want, and then allow other options to surface.
 - b. What I would like is...
 - c. Would you be willing to...
5. Avoid trigger words. What trigger words might I use? How can I say it differently? (Trigger words are words or phrases you know ahead of time will create a negative response...things like disparaging labels—lazy, unethical, liar, etc. If you avoid “accusatory you” statements, you will probably eliminate most trigger words. Trigger words can also be assumptions or unflattering descriptions.)
 - a. Read through what I wrote for #3 and #4 and imagine how they will be received, or how it would sound to me if those words were used in conversation with me. If you get a negative vibe, rephrase those sentences until they are neutral.
6. Be specific. Is there a specific example I can use to demonstrate what I don’t want? What I *do* want?
 - a. Such as, “At the last family gathering I felt unwanted when you said that the food I prepared was junk. What I want is to feel welcomed when our families are together. You may not like what I bring to share but I want you to know that I care about you and our family and want us to enjoy our times of being together.”
7. Thinking About the Other:
 - a. What is going on with the other person?
 - b. What is his point of view?
 - c. What might be his feelings?

SUMMARY

1. Plan what you’re going to say.
2. Rehearse.
3. Know what your goal is and put blinders on to keep from being distracted.
4. Imagine a great outcome.
5. If needed, think through your risks and options.

I am only sharing this example because my father is no longer here to be embarrassed or offended... Once I was very angry with my father...so angry that I didn't trust myself to speak to him. For about a month, I wrote all my angry feelings and the reasons for them in my journal. Finally, I was calm enough to meet with him to express my feelings, respectfully, about what he had done. I went to his home and said, "When you accused Jim of lying, I felt hurt and angry." He said, "You mean you're angry because I didn't co-sign the loan with you." I answered, "No, dad. You had every right to refuse to co-sign the loan. I'm hurt and angry because you accused Jim of lying." He began to yell at me. Finally, I said, "I want to talk with you about this, but if you keep yelling, I'm going to leave." He kept yelling, so I got up and left. I had to park nearby to stop shaking.

It was a BIG DEAL to confront my father. He was a powerful man not accustomed to being questioned, especially by his kid. When I calmed down, I drove home feeling content because I had confronted him, respectfully, and took care of myself by leaving when he was disrespectful to me in return. I was in my 50s when this happened.

Be patient. Habits are resistant to change. But you can do it! I wish you the very best!

A handwritten signature in cursive script that reads "Nancy Landrum".

PS: Find lots more actionable skills for conflict management in my books, one is, "[How to Stay Married & Love It](#)" or in my online streaming course, www.MillionaireMarriageClub.com or [Anger: a Mini-Course](#) or [Savory Safeguards](#), a mini-book at www.RelationshipRehabCoach.com.