

Creative engagement in marriage preparation

How to work with (nearly) everyone

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26 May 2012

Key ideas we'll cover today: Respond to the emotion – from your heart

1. Systems Thinking—see the whole person
2. How the brain functions – we all have one
3. The amygdala hijack – Know yourself
4. Activating the Mirror Neuron Receptors
5. Acknowledge and respond to emotions—'I see you'
6. Keep out of the Drama Triangle
7. Living in the OK corral - I'm OK, You're OK – life positions
8. Fixed and growth mindsets – mind your language

1. Systems Thinking—the whole person

See the whole person and their world:

- appreciate the complexity
- see the structures, patterns, and events
- no place for blame take full responsibility
- take full responsibility for doing something - you are part of the system
- change one part and you will change the whole

2. The three part brain

- The reptilian brain – fight or flight
- The mammalian brain – seat of the emotions – the amygdala
- The cerebral-cortex – the thinking part – mirror neuron receptors

3. The amygdala hijack

Get yourself under control first

- Breathe deeply
- Name your feelings – uses the language centre of the brain - noverim me, noverim te
- Activate your frontal cortex – ask yourself a complex question. What is behind this person?
- Mindfulness

4. Activating the Mirror Neuron Receptors

Making a connection, why this is important – see attachment theory

Being accepted – validating their experience

Modelling – they get another way of acting – easier to imitate you

5. Acknowledge and respond to emotions—I see you

There is emotion behind every communication. Emotion is simply energy or passion. E-motions are feelings in movement—beware of your judgements or beliefs. And your feelings are part of this too!

When someone goes APE	Action	Perception	Emotion
Your first response is E	Respond to their Emotion/Experience		

6. Keep out of the Drama Triangle

The Drama Triangle

Victim	Expects others to criticise them or fix them up; is submissive, weak, helpless, passive
Persecutor	Puts others down; is blaming, judgemental, dominant
Rescuer	Takes over to solve problems; does more than half the work in a relationship and is patronising

The Winner's Triangle

Vulnerable	Acknowledges weakness; engages in problem solving
Assertive	Gets needs met without punishing others; states things clearly
Carer	Listens and is empathetic ; only does things if asked and is willing

7. Living in the OK corral

Life positions we can take – even without thinking

I'm OK	You're OK
I'm OK	You're not OK
I'm not OK	You're OK
I'm not OK	You're not OK

Be aware when which position you are in

No matter what position the other person is in – they are still OK!

8. Fixed and growth mindsets about marriage

Mind your language

Words that encourage a fixed mindset.

The perfect couple – an ideal couple – you will be so good for each other – marriage made in heaven

Words that encourage a growth mindset.

You have the ability to grow together

Your love for each other will be a great strength when you meet difficulties with each other

It won't always be easy, but you can get there if you keep on...

The big idea

Acknowledge the emotion - "Seek more to understand than be understood"

What does this session mean for you practically? What will you do more of? less of?

Resources:

Thriving Under Fire, turn difficult customers into business success – John Faisandier

Mindset by Carol Dweck

Just Listen by Mark Goulston

Crucial Conversations by Kerry Patterson, Joseph Grenny, Ron McMillan and Al Switzler

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