
Six Ways We Disrupt Healthy Connecting

1. Using Misery Stabilizers

What we turn to, instead of each other, ourselves, or the issue or need at hand:

- Work
- Food
- Shopping
- TV / Netflix binge
- Substances
- Computer, internet, social media
- Jealousy
- Suspicion
- Resentment
- Comparing and complaining

2. Needing to be Right

- You interrupt, ignore and spend your "talking time" talking about how wrong they are and trying to prove they're wrong. No real listening is happening.
- **Righteous Indignation:** feeling "shock" at the idea that your partner has a negative idea about you. "*How can you say that?! How could you even think that about me?!*" Not only are you treating them as if they are a complete idiot for the experience they're having or for how they're expressing themselves. You are also taking on the victim role.

3. Controlling Your Partner

- Making demands directly: "*You owe this to me!*"
- Manipulating: guilt, threat, passive-aggression. "*Go ahead ... see what happens.*"
- Assuming you know better and flaunting that assumption: "*You don't want that kind, you want this kind.*"

4. Rageful Expression

- Explosive expression that is designed to harm, threaten, create insecurity, etc.
- When speech is used as a weapon, ex: *"I hate you!"*
- Practice NOT saying everything that automatically comes to mind in the heat of the moment.

5. Retaliation

- Payback, revenge, punishing, reciprocal affairs ...
- Passive aggressiveness

6. Withdrawal

- Physical: storming out with communication about when you will resume the conversation (20 minutes, 2 hours, ½ day, 1 full day, overnight, 2 days)
- Psychological: in the room but not connected; stonewalling, tuning-out

7. One-Upping or One-Downing / Becoming Avoidant or Losing Boundaries

<p><u>One-Up / Avoidant</u> Acting superior Being controlling Blaming the other</p>	<p><u>One-Up / Boundary-less</u> Being dominating Threatening Blaming the other</p>
<p><u>One-Down / Avoidant</u> Isolating yourself Withdrawing from partner Denial / Denying</p>	<p><u>One-Down / Boundary-less</u> Feeling anxious Being dramatic Dependent</p>