Pick Your Path

What kind of relationship do you want to create?

Stimulating Thought
"You should …."

Offense
Using power over another
to problem solve or impose will

The Middle Way
Sharing power with another to
create understanding & cooperation

Defense
Using power under/against
to comply, defend or oppose

**Path of
Correcting**
(from the head)

**Path of
Understanding**
(from the heart)

**Path of
Protecting**
(from the gut)

Fix	**Fight**
Educate	Blame
Correct	Criticize
Teach	Insult
Solve	Argue

| **Honestly
Expressing** | **Empathically
Receiving** |
|---|---|
| Feelings | Feelings |
| & Needs | & Needs |
| of self | of other |

Flight	**Freeze**
Withdraw	Comply
Defend	Submit
Ignore	Conform
Escape	Give in

Feelings when Disconnected

Disappointed	Annoyed
Sad	Frustrated
Hopeless	Irritated
Lonely	Resentful
Depressed	**Angry**

Feelings when Connected
Care   Compassion   Closeness

Met Needs when Connected
Empathy   Cooperation   Honesty

Feelings when Disconnected

Insecure	Discouraged
Worried	Guilty
Vulnerable	Powerless
Scared	Unconfident
Anxious	**Ashamed**

Possible Unmet Needs

Integrity	To Matter
Choice	Respect
Freedom	Consideration
Ease	Fairness
Autonomy	Understanding

Resulting in Mutual Partnerships:
Based on respect, truth & love
Increase depth, richness & meaning
Build trust & cooperation
Maintain boundaries & responsibility
Allow for both autonomy & closeness
Lead to intimacy, authenticity & choice

Possible Unmet Needs

Assurance	Appreciation
Safety	Cooperation
Security	Support
Consistency	Contribution
Trust	Mutuality

Resulting in Adversarial Power Struggles:
Based on fear of punishment, control & being right
Increase conflict, resentment & loneliness
Build animosity, contempt & anger
Obscure boundaries & deny responsibility
Force a choice between autonomy or closeness
Lead to blame, shame, guilt, anxiety & depression