

## YOUR STATE FIRST! Set intention & own your frame

# 01

### OUTCOME OF DIALOGUE + ASK PERMISSION

- We are helping to create a **safe container** / space to have a beautiful conversation (versus a fight or negatively charged talk), where we **slow down** the conversation.
- This tool facilitates the Sender to **vulnerably share** their experience / feelings without making the other person wrong. It also is a tool to move towards Self-Responsibility (Sender) and Empathy (Receiver).
- Remember to ask permission if now is a good time to talk (or do you need to schedule this talk for later). You want all parties to be as fully resourced as possible, offering consent.

# 02

### SENDER FRAME OF MIND

- Please be kind, noticing your language choices.
- Try to manage your energy.
- Be mindful of your body language and facial expressions.
- Remember they are GIFTING you with their mirroring, their presence, and their time and energy. Hold in your heart a sense of appreciation for their efforts.

# 03

### RECEIVER FRAME OF MIND

- Keep in mind that this dialogue is a GIFT to the Sender, meaning this is about THEM. Your gift is to take yourself out of this as much as you can. Your turn is later.
- Your job is to think of yourself as a mirror, because inanimate objects do not get insulted or defensive. You can imagine the happy-go-lucky part of you is off doing something fun.
- Imagine you are visiting the Sender's world, eg. Kitty-Land! Some of what they share may have nothing to do with you but more with their history and lens they view the world.

# LOVING WITHOUT BOUNDARIES

## Frustration Dialogue – with Instructions



**Sender Set Positive Intention:** “I intend to stay connected to the many things I love & appreciate about you, while we talk about this issue.”

**SENDER: Will you mirror me? What sometimes really frustrates me is...**

(INSTRUCTIONS: Narrow the topic to one main item/issue and share the SPECIFIC ACTIONS or WORDS or BODY LANGUAGE that you can observe with your eyes (not your mind) that you notice you feel frustration about. Eg. “... when you left the dishes in the sink over the weekend.” Do NOT share your thoughts, interpretations, assumptions, or stories about WHY they do it or additional feelings here. Be short and concise.)

**RECEIVER MIRRORS: Did I get you?** (INSTRUCTIONS: Eg. “What I’m hearing you say is...” then reflect back what they said only.)

**SENDER: When this happens, I feel... (single word of emotion)**

(INSTRUCTIONS: Goal = Own your feelings and get to some of the deeper feelings below “frustration.” State here 2–4 more feeling words (Eg. sad, angry – NOT “insulted” which is not a feeling word) from your FEELINGS worksheet. Do NOT say “I feel LIKE...” because whatever follows is not a feeling but a THOUGHT. Do not say “You MAKE ME feel...” or “That MAKES ME feel...” because no one else causes our emotions, and we dis-empower ourselves when we imply that. It also can land as an attack / blame on the Receiver, which is counter-productive to understanding.)

**RECEIVER MIRRORS: Did I get you?**

**SENDER: The story I make up about this (why this happens or why you do this) is...**

(INSTRUCTIONS: This pre-frame is really important because you are vulnerably admitting that what you are about to say may OR may NOT be true. This also helps the Receiver not get triggered by what is shared here as they are entering your world from your perspective. This is where you can make a judgment, share that negative interpretation, or that scary story... exactly BECAUSE of the pre-frame of the “story.”)

**RECEIVER MIRRORS: Did I get you?** (INSTRUCTIONS: Make certain to reflect back... “So the story you are telling yourself is...”)

**SENDER: How I react to my feelings is...**

(INSTRUCTIONS: Share here your actions/reactions, how you behave, what you do, how you show up when you react to your own stated feelings. Eg. shut down, lashout, behave defensively, scream, slam doors, run away, cry, use sarcasm, say your scary stories aloud as truth, etc.)

**RECEIVER MIRRORS: Did I get you?**

**SENDER: What I’m really afraid of (deep down, or if this continues) is...**

(INSTRUCTIONS: Share what is on your heart, your deepest fears, be vulnerable, go deep.)

**RECEIVER MIRRORS: Did I get you? Is there more?**

**RECEIVER: Summarizes:** Let me see if I got most of it...

**Validates:** You make sense to me because... (INSTRUCTIONS: Illustrate that you know their feelings are valid, normal, and ok; that they are not “crazy” for what they shared. NOTE: This does not mean you need to agree with all that was said.)

**Empathizes** (show you care), **then adds:** I can imagine, now that you’ve shared that with me, you might be feeling...

**SENDER: How I’m feeling is...** (INSTRUCTIONS: Shares actual feelings in this moment.)

**RECEIVER MIRRORS: Did I get you?**

**SENDER: What I long for is...**

(INSTRUCTIONS: Goal = Get in touch with your beautiful, life-affirming, positive NEEDS, your Values, your heart’s deepest desires. Future pace what you deeply long for relative to this discussion. This is about YOUR longings – NOT what you want the other person necessarily to do.)

**RECEIVER MIRRORS: Did I get you? Is there more?**

**RECEIVER: This is important to me. Thank you for telling me. This matters to me.**

### OPTIONAL REQUEST AT END

**Sender: Would you be willing to... ?** (INSTRUCTIONS: Make a request (not a demand). Eg. Ask for a hug, ask for a behavior change.)

**Receiver:** ...answers “yes, no, maybe,” and/or negotiates (INSTRUCTIONS: You both may navigate towards an agreement, if appropriate.)

# LOVING WITHOUT BOUNDARIES

## Frustration Dialogue



### **DIALOGUE WITHOUT INSTRUCTIONS** – for use after practice **WITH** instructions

**Sender Set Positive Intention:** Before beginning, say: “I intend to stay connected to the many things I love and appreciate about you, while we talk about this issue.”

**Sender:** Will you mirror me? What sometimes really frustrates me is...

**Receiver mirrors:** Did I get you? Is there more?

**Sender:** When this happens, I feel... (one word)

**Receiver mirrors:** Did I get you?

**Sender:** The story I make up about this (why this happens or why you do this) is...

**Receiver mirrors:** Did I get you?

**Sender:** How I react to my feelings is...

**Receiver mirrors:** Did I get you?

**Sender:** What I’m really afraid of (deep down, or if this continues) is...

**Receiver mirrors:** Did I get you?

**Receiver:** *Summarizes:* Let me see if I got most of it...

*Validates:* You make sense to me because...

*Empathizes, then adds:* I can imagine, now that you’ve shared that with me, you might be feeling...

**Sender:** How I’m feeling is...

**Receiver mirrors:** Did I get you?

**Sender:** What I long for is...

**Receiver mirrors:** Did I get you? Is there more?

**Receiver:** This is important to me. Thank you for telling me. This matters to me.

### OPTIONAL REQUEST AT END

**Sender:** Would you be willing to... ?

**Receiver:** ...answers “yes, no, maybe,” and/or negotiates

# LOVING WITHOUT BOUNDARIES

## Frustration Dialogue



### Additional Notes

If the Sender makes a request, remember for a request to be a true request (versus demand), we need to be able to hear “yes” or “no” with grace. We can make more than one request so the Receiver can exercise autonomy to choose A or B. Also they can make a counter-request, and negotiation can happen (which may lead to a new Agreement in the relationship). Also a request could be a vulnerable one, such as “Would you be willing to give me a hug and tell me you love me right now? I’m feeling pretty exposed.”

Remember that the prompt: “What I long for is...” ...that’s the place where the Sender can tie it back to an unmet need or strong value. This helps the Sender practice more self-mastery of their own needs and how to identify them, and work to help get them met. It also reminds us to practice self-responsibility for our needs (instead of making someone else responsible for them, or expecting others to read our minds – which is a no-no). Remember our needs are always positive, life-affirming, and beautiful. It’s our strategies to get those needs met that can sometimes be in conflict. That’s where the negotiation begins.

Also when being the Receiver, keep working on remembering that you are visiting the Sender’s world, giving them the gift of feeling heard – you don’t have to agree with what is being shared – simply validate that their feelings are normal and they are not crazy for having them. Keep in mind that what they share may have nothing to do with you actually, and could be based on past trauma, history, and their own interpretations, made-up stories, and assumptions that what happened in the past will happen again, thus living in the past (which is counterproductive). That’s why that “The story I’m telling myself...” prompt (and mirroring it back that way) is so important to help the Receiver not get triggered or get defensive. When offering empathy, one way to share that is to say **“I’m sorry that is how that landed for you,”** which is a way to apologize while still having the Sender retain some responsibility for any of their own triggers.

You are doing amazing! All we are doing is giving you powerful tools to help you get to the meat of the matter (each of your needs and values) more quickly, turning any potential tense arguments into beautiful conversations where you both feel heard, understood, and valued for the gifts you bring. The goal is creating a safe space to talk (with positive intention), and to lean into vulnerably sharing without making the other person wrong.

Lastly, remember after going through this dialogue once, STOP talking about this chosen topic and/or using this tool. It is super important to let the Sender have the space to enjoy the gift of being heard, and not accidentally undo this magic that just happened. Also there may be feelings that need to settle down on both sides that get stirred up. You can switch sides perhaps another day or AT LEAST several hours after this initial conversation.

**Keep going! You got this!**

With tremendous love,

*Coach Kitty*