

COMMUNICATING NON-DEFENSIVELY

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If you find yourself in the middle of a misunderstanding you can:

Remember snake brain and intervene. You can breathe, meditate or just be in gratitude.

Ask for time if you need to--go to the bathroom if you have to escape to accomplish this intervention.

Ask for clarification-"Can you be more specific?" may be a great help.

Reflect what you see and hear but do not psychologize or analyze the other person.

Think about how you want to be yourself--leave the gorilla in the closet and go for a human being...being authentic and real and generous and caring... pass by your fear and go for the gold!

So going for the gold would preclude any name-calling, put-downs, etc, right? Stay on your own side of the street-ALWAYS!

Do not embarrass anyone in public. You can always ask for another meeting soon that is more private.

Offer to talk about solutions but know that if you offer it while another person is still in their reptilian brain, you may have to return to this idea later in the conversation.

Remember that your only real job here is to get big and stay big so look at this situation as an opportunity for training so you can be grateful for it and the person bringing it to you!

Ask for a time out if you need to and call for support if you find yourself unable to stay with your own stuff non-defensively. A coach can be a real lifesaver!

Vranna Sue Hinck

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From *Panic to Play*

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