



Positive Mind Training - MT2

Challenges in Relating to Others

Withholding the response:

- We can't immediately avoid our **automatic** thoughts and feelings (reactions)
- But we can always **choose** our actions (response)
- Our **auto-pilot** (mindset) may be telling us to respond negatively
- If we habitually do this, we'll continue to **reinforce** the mindset driving that pattern
- If we withhold the negative response, we'll start to **unwind** that mindset
- As well as avoiding any immediate negative outcome

Owning our reactions:

- Our reactions (automatic thoughts and feelings) are a product of our own **unconscious programming** and automatic ways of thinking. They're all about us.
- The other person / situation is just the **trigger**
- We can't immediately **avoid** our automatic thoughts and feelings
- But **owning** (and accepting) them can help us to be more objective
- We can view the person / situation and our reaction **separately** enabling us to paccept both
- We can more easily **withhold** any negative response (to avoid reinforcing that mindset, as well as avoid any immediate negative outcome)
- And our reaction/s will **diminish**

Determinist recap:

- They were / are doing the only thing they could have done, or could be doing
- So **paccept** them and whatever they've said or done
- They're still **responsible**, so we can still impose **consequences** if we need to (e.g. be assertive, move away)

Perspective:

- Nothing people say or do ever seems **unreasonable** from their perspective
- So it helps to try to understand their **perspective**
- **Acknowledge** the other person's perspective even if you don't agree with it
- Can then seek a **compromise** or **win-win** solutions, where available

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Contribution

- Conflict is driven by **self-interest** (our need to be right; our need for significance; our desire to satisfy our own needs and wants, even at the expense of others)
- A greater focus on **contribution** changes that perspective
- Contribution brings satisfaction, fulfilment, meaning and **purpose** to our lives
- Winning an argument (even if that were possible!!) gives only **fleeting** satisfaction

Taking responsibility for the other person's behaviour:

- If others are doing the only thing they could be doing, given who they are, we're the only person who can influence them right now. **It's in our hands**
- If we've responded **unproductively**:
 - **We were doing** the only thing we could have said or done, so accept it
 - **Choose to change** it if we want to, in the next moment or the future

I-statements:

- An I-statement is a means to try to change another person's behaviour **without criticising** them, by
 - Accepting **responsibility** for our reaction
 - Asking for **their help** in dealing with 'our problem' (by changing their behaviour)
- Doesn't always work, as:
 - They may still **not want** to change
 - They may see it as a **manipulation**

Using the tools in sequence:

- With practice, we can use all the tools, or some of them, in a 'few seconds' **sequence**
 - **Withhold** any negative response
 - Own our **reaction**
 - **Determinist** thinking (only thing we or they could have said or done)
 - **Perspective** (try to understand their's)
 - A greater focus on **contribution** (versus self-interest) avoids conflict
 - Take **responsibility** for their behaviour (they can't change themselves right now without our help)
 - Use an **I-statement** if appropriate

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Exchange process:

- Stage 1: Take turns to express our **perspective**; other party only listens without interrupting; keep swapping; agree time limits for each turn and whole session if needed
- Stage 2: Take turns to only speak about how we could **satisfy** other party's perspective
- Stage 3: Discuss any compromise or win-win **solutions**

Reconciliation:

- Recognise we were both doing the **only thing** we could have done
- Try to understand their **perspective**
- Let them know how we **felt** or **feel**
- **Apologise** for our part if needed
- Focus on **contribution**
- Consider the **exchange process** if it might be helpful

Summary so far:

- 'Accept for now' any uncomfortable **feelings** (or unproductive desires). Be willing to experience and accept them
- Practice **accepting feelings** using the 3 questions and exercises
- Repeatedly 'accept the **feeling** (or unproductive desire), choose the (opposite) **action**' to unwind recurring limiting feelings / behaviours, and develop a powerful mindset
- **Paccept** what is, including what was (too late to change the past or present), at every opportunity
- Stop **worrying**: accept the future to the extent we cannot control it ('whatever will be will be'). For bigger worries, start by identifying exaggerations (in probability and/or consequence).
- If still needed, remember that whatever happens, with practice we'll be able to paccept it
- We and others have always done (and others are still doing right now) the **only thing** we could have done, given 'who we were' at the time, so paccept it
- We (and others) are still **responsible** for our actions, but that only impacts what we do now and in the future ... and there may still be consequences
- Paccept **ourselves** totally as we are (we couldn't possibly have been different right now) at the same time as seeking to develop
- Observe resistance, in **others** and consider how we might now think / act in their circumstances

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- The **future** is wide open. We can exercise free will in the present, but only if we're aware of our **auto-pilot** (mindset) and choose to act more powerfully / productively than it's telling us to do
- Can **combine** 'exercising free-will', acceptance and 'accept the feeling, choose the action' to let go of limitations and think / act more powerfully
- **Withhold** any negative response, where possible, to avoid reinforcing an unhelpful mindset
- **Own** our reaction. Can then view our reaction and the trigger separately and accept both
- Apply **determinist thinking** to the other person
- Try to understand their **perspective**; consider compromise or win-win solutions
- A greater focus on **contribution**, versus self-interest, avoids conflict
- **Take responsibility** for the other person's behaviour. They're doing the only thing they could be doing. Only we can change that right now
- Use an **I-statement** if appropriate
- Use the **exchange process** if needed
- **Reconcile** with significant others if needed
- Exercise **free-will** in the present moment, by using these tools to think / act more powerfully or productively

Daily reflection:

- Follow the **summary**, thinking back through the day and any significant past / future events
- Complete the **MT2 worksheet**
- Complete another **MT1 worksheet** for revision, or review / update any previous one