



From our *Science Meets Spirituality Series...*

The Paradox of Relationship Conflict

“Someone has wronged me! How do I react? Which path is it?”

Science: **Ego’s** External Assertiveness vs. Anger Buildup
 Rationale: Proper Boundaries/ Stress Reduction/ No Co-dependency

Spirituality: **Soul’s** Internal Ownership / Responsibility
 Rationale: This life to Love, Heal & Transform (me/all)

<p>“I MUST TEACH OTHERS HOW I WILL AND WILL NOT BE TREATED!!”</p>	<p>Vs.</p>	<p>“EVERY CONFLICT IS AN OPPORTUNITY FOR PERSONAL HEALING & GROWTH”</p>
<p><i>Teach others how to treat you by attempting to change their problem behaviors by requesting change through “I” statements. These are powerful because you are describing how you feel vs. blaming or name-calling and are useful for home, work and socially:</i></p> <p>“When you _____(describe exact behavior) I feel _____(mad, sad, scared, glad) because _____ What I would appreciate is if in future you could instead do _____(describe new behavior) Thank you – I’m out!” (walk away – don’t wait for or demand agreement as this is a request for change).</p>	<p style="text-align: center; font-size: 48px;">?</p>	<p><i>If when conflict comes, I can own it 100% and look inside as to why I am tempted to give my power away in anger, I have the opportunity to heal it and begin the process of never attracting it again. Instead of blaming the other, I effectively thank them for the chance to rid myself of hurt:</i></p> <ul style="list-style-type: none"> • Ask yourself – why is this upsetting me? 1-2 times out of 10 you will find some subconscious memory released, but if not, the mind/heart/soul still knows you are now different, awakening, transforming... • Physically, experience the feeling in your body, noticing and accepting it with radical acceptance, then release it, watching it float from your body • Open your eyes and your heart, join the present...

Resolution of the Paradox:

1. COMMIT TO BEING ASSERTIVE IN EVERY MOMENT FROM THIS ONE FORWARD... (not easy!)
2. JUST BEFORE YOU OPEN YOUR MOUTH TO DELIVER THE “I” STATEMENT, ASK YOURSELF:
 “WHAT IS LONGING TO BE HEALED WITHIN ME BY **WELCOMING THIS CONFLICT INTO MY LIFE...?**”
3. OBSERVE HOW THE TONE & DEPTH OF YOUR WORDS NOW HAVE A MIRACULOUS, HEALING QUALITY...