



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 34 Transcript: Honest Conversations

This week, we take a big step back from all we've learned about healthy, resilient relationships to truthfully determine how to apply it and where. We can learn a ton of new skills for better relationships, but we must have a really candid conversation with ourselves to honestly assess what needs to change.

Beginning to notice our unhealthy patterns of relating can often feel complicated. We come face-to-face with some harsh realities about how people have related to us and how we have related to others.

I know when I first began to take an honest look at my patterns of relating I wanted to crawl under a rock or go to a monastery in the mountains to get it all sorted out. Nope.

We have to restore our relational health while in relationship with imperfect people. It could be the scariest thing we may venture to do. But, it certainly is the most worthwhile. Everyone has room for growth and improvement in their relationships.

This is not just your problem, nor is it all your fault. But, the choice is still yours. How do you want to show up in your relationships from this point moving forward? Let's take an honest look.

First of all, this honest conversation with ourselves requires we lead with self-compassion. If not, we'll just judge ourselves for not being perfect and free fall into a downward spiral that leads to the unhealthy behaviors we're trying to change.

Breaking this cycle involves self-agency: owning our own responsibilities, and letting others be responsible for themselves. We can decide to be healthy in our relationships, one step at a time, starting right now, even if no one else around us makes the choice to do the same.

You can look at this as a courageous conversation with yourself. Objectively take a look at your patterns, explore the impact on others whether intended or unintended, and create new boundaries and accountability with yourself. Here are a few common examples of things to explore.



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Honestly, how well do you listen? Do you interrupt and interject frequently? Do you talk over people to get your point across? Do you tend to monopolize the conversation?

If you can honestly accept that these are some of your patterns, then you can do something different. Practice asking questions. Tell yourself you'll take a breath every time you feel the impulse to interrupt.

When you notice a break in what that person is sharing say, "tell me more" instead of blurting what's on your mind. Practice listening at Level Two and Level Three and then reflect back to the person what you're noticing.

On the other side of the coin, if you're honest, how outspoken are you being in your sharing? Do you tend to hold back and limit yourself and do most of the listening? Do you offer space for others to process and try not to burden them with what's going on in your life?

If you can honestly accept that these are some of your patterns, then you can make a change. Practice taking up more space. Suck up some of the oxygen in the room. Say what's on your mind and ask for the opportunity to share equally, even if you have to interrupt the person who is dominating the conversation.

When you're honest with yourself, are you holding on to unforgiveness? When you do the "grocery store" litmus test, who do you need to forgive? These are all examples of examining our lives and taking an honest assessment of where we're at.

My hope is that at this point in the program you feel equipped to determine if you are in a relationship that needs to shift in some way. Changing our relational landscape will often include some trimming before there is new growth.

We'll go through a muddy middle place where we are engaging in new, healthy ways in our relationships but the people we are relating to are still responding in old ways. It's wise to give these relationships a chance to develop.



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See if as you respond in different ways it impacts how they respond to you. We can't control someone else's response, nor can we manage the outcome of an interaction, but relationships are dynamic. When one side shifts, it will influence the synergy of the connection.

We often think finding the courage to make changes is the first step toward becoming healthy relationally, but accessing the courage to be honest with ourselves is the step that must come before it.

Where are you in denial about what, or who, you're accommodating, enabling, care taking or ignoring in your life? Choose to courageously be honest with yourself and you'll find that not changing will become intolerable.

Let's practice claiming what's true, with compassionate understanding, so we can be responsible for the change we so deeply desire. Be sure to download the action guide to support this process and share what you are learning on our group page.