

REACTION TOO POWERFUL... 3

PARENT'S CALL...!!!

1
DISCERNMENT: I need to stop this conversation or I'll be lashing out at or projecting onto my partner...!!

2
I'm feeling uncomfortable, I need to take a moment to collect myself...if I don't I may say something disrespectful that I will regret...

3
Yes, I need to end this conversation. What is important for you to know, is my reaction and discomfort is MY issue and has NOTHING to do with you...!!!

4
Also, I love you and I just need some space to collect myself. I reassure you that taking time does not mean I don't love you anymore...!!



Inner World



Outer World

GAZE ON PARTNER 1

SPEAK TO PARTNER 2-4

My ADULT is responsible for ALL SPEECH...!!! (not laced with with history)

My KIDS are not involved...!!!

My KIDS trust that I will take care of them...!!!

