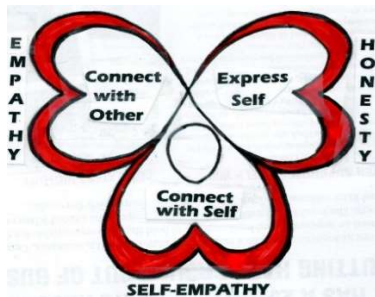






At the base of all violence is a kind of thinking that attributes the cause of conflict to wrongness of others, with a corresponding inability to think in terms of vulnerabilities (what one feels, fears, yearns for, and misses). In your experience, which approach/ game has generally had a more satisfactory outcome? We are always at choice.

	<b>Blame Game</b> ~figuring out who is right or wrong and what they deserve	<b>“ Make Life Wonderful ” Game</b> ~figuring out how to contribute to everyone's well being
<b>Goals</b>	To establish who's right/wrong, good/bad. To get what I want.  POWER-OVER ~ POWER-UNDER mindset. (Domination Paradigm)	To meet everyone's needs cooperatively.  POWER-WITH mindset. (Partnership Paradigm)
<b>Motivation</b>	Fear, guilt, shame, obligation, duty, rewards; words like “ <i>should</i> ” & “ <i>have to</i> ”	Our natural desire to give and receive
<b>Strategies</b>	<p><b><u>Disconnecting Communication</u></b></p> <ul style="list-style-type: none"> <li>• <u>Diagnose</u>, analyze, criticize, label, scold, argue, divert, disagree or judge others or oneself as good or bad —inducing shame</li> <li>• <u>Deny Choice/Denying Responsibility</u>, blaming others for causing our feelings or making us do things. “<i>You made me...</i>”. Obscure our choice by saying “<i>I had to...</i>” —inducing guilt</li> <li>• <u>Demand</u>, threaten, bribe —inducing fear</li> <li>• ‘<u>Deserve-Thinking</u>’ that justifies punishment or reward. “<i>They have it coming.</i>” —eroding trust</li> <li>• <u>Dismiss</u> - denying an individual's dignity that is the birthright of all of us. — cheapening life</li> </ul>	<p><b><u>Connecting Communication</u></b></p> <p>Connection choices</p>  <p>Elements of Communication within the 3 choices above</p> <p>First, Check if your <u>INTENTION</u> is to <u>connect</u>, not play the blame game. Then</p> <p> Make neutral <u>OBSERVATIONS</u> without adding evaluations</p> <p> Be curious about my <u>FEELINGS</u> and your <u>FEELINGS</u>, our “owned” feelings</p> <p> Be curious about my <u>NEEDS</u> and your <u>NEEDS</u>, what is important in this moment.</p> <p> Express or guess clear, doable, present moment <u>REQUESTS</u>.</p>