

RENOVATE YOUR RELATIONSHIPS PATHWAY

1. Acknowledge your disappointment.

2. Avoid the Four A's:

- Aggression
- Avoidance
- Abandonment
- Anesthesia

3. Getting clear on the gap.

This is the most important step!

- What do I really want?
- What's really going on?
 - Am I stretching the gap (accuse & excuse)?
 - Am I shrinking the gap (minimize & rationalize)?
- What's my contribution?
- What painful reality do I need to face?

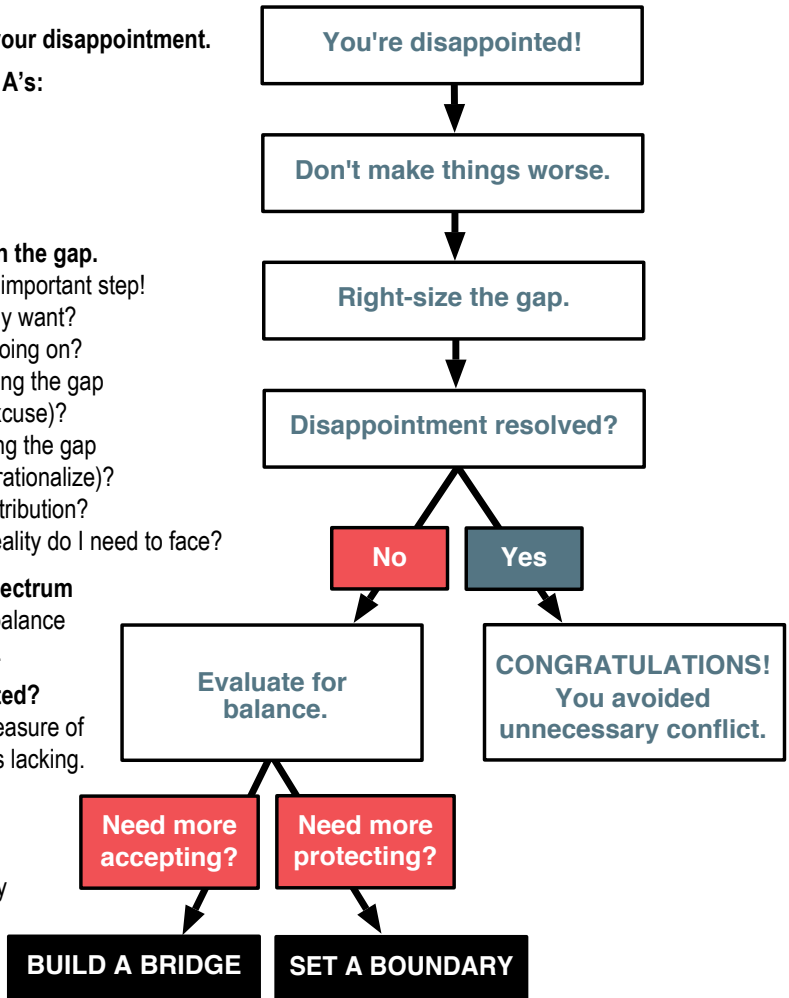
4. Use the A/P Spectrum

to evaluate for balance (see other side).

5. Still disappointed?

Add the right measure of ingredient that is lacking.

- **Accepting:**
Build a bridge
- **Protecting:**
Set a boundary



BUILD A BRIDGE

Before:

1. Remember your own capacity to disappoint others.
2. Give others the benefit of the doubt.
3. Behave like there is hope for change.

During:

1. Acknowledge your disappointment.
2. Don't make a big deal.

After:

Let it go! (Really.)

SET A BOUNDARY

Before the conversation:

1. Secure a safe, stable support system.
2. Remember what boundaries are not.
3. Identify the specific negative consequence you're no longer willing to carry and plan your future response.
4. Prepare a statement that is kind and clear.
5. Anticipate reactions and risks.

During the conversation:

Be kind. Be clear. Be courageous.

After the conversation:

1. Stay connected to your safe support system.
2. Don't (over)react to the other person's reactions.
3. Empathize with their feelings, but don't assume ownership of them.
4. Stay the course! Don't be swayed by your negative voices.