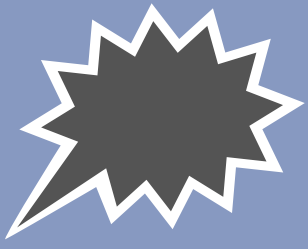


THE FIVE LOSING STRATEGIES FOR GETTING WHAT YOU WANT IN YOUR RELATIONSHIP

FROM "THE NEW RULES OF MARRIAGE: WHAT YOU NEED TO KNOW TO MAKE LOVE WORK" BY TERRY REAL



Unbridled Self-Expression

Sharing how hurt, angry, or outraged you feel in the name of venting, getting things off your chest, or so-called open, honest communication. Expressing how horrible you feel, or how terribly you think your partner has behaved, won't get them to listen, let alone change.



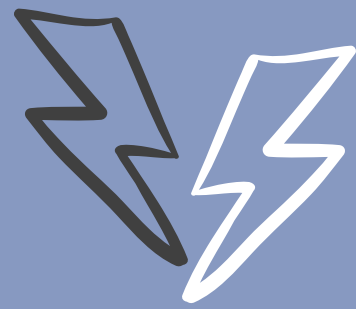
Needing to be Right

Stating "objectively" what "really happened" so that your partner will understand the "truth" and change their opinion, understanding, or position. You may even be "right" and have evidence to prove your case, but it still won't get you any closer to your partner.



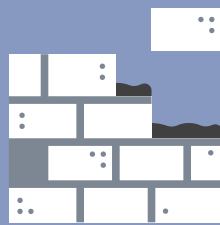
Controlling your Partner

"Getting" your partner to do what you want, to change, to be better, or to get back to how they were when you were first together doesn't work. People don't like being controlled or manipulated into changing or doing something, even when it's the right thing to do, or "for their own good."



Retaliation

Trying to get your partner to understand how hurt or upset you feel by hurting them back, or by passive aggressively holding back. Offending from the victim position won't make your partner more accountable, understanding, or sorry for what they did that hurt you.



Withdrawal

Whether it's motivated by a desire to punish your partner, avoid conflict, protect yourself from vulnerability, or to just remove yourself from an exhausting exchange or a continually difficult topic, unilateral withdrawal is not an effective strategy for keeping the peace in a relationship.

To Learn More about Terry Real's Relational Life Therapy

Visit www.SavvyStrategies.com

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