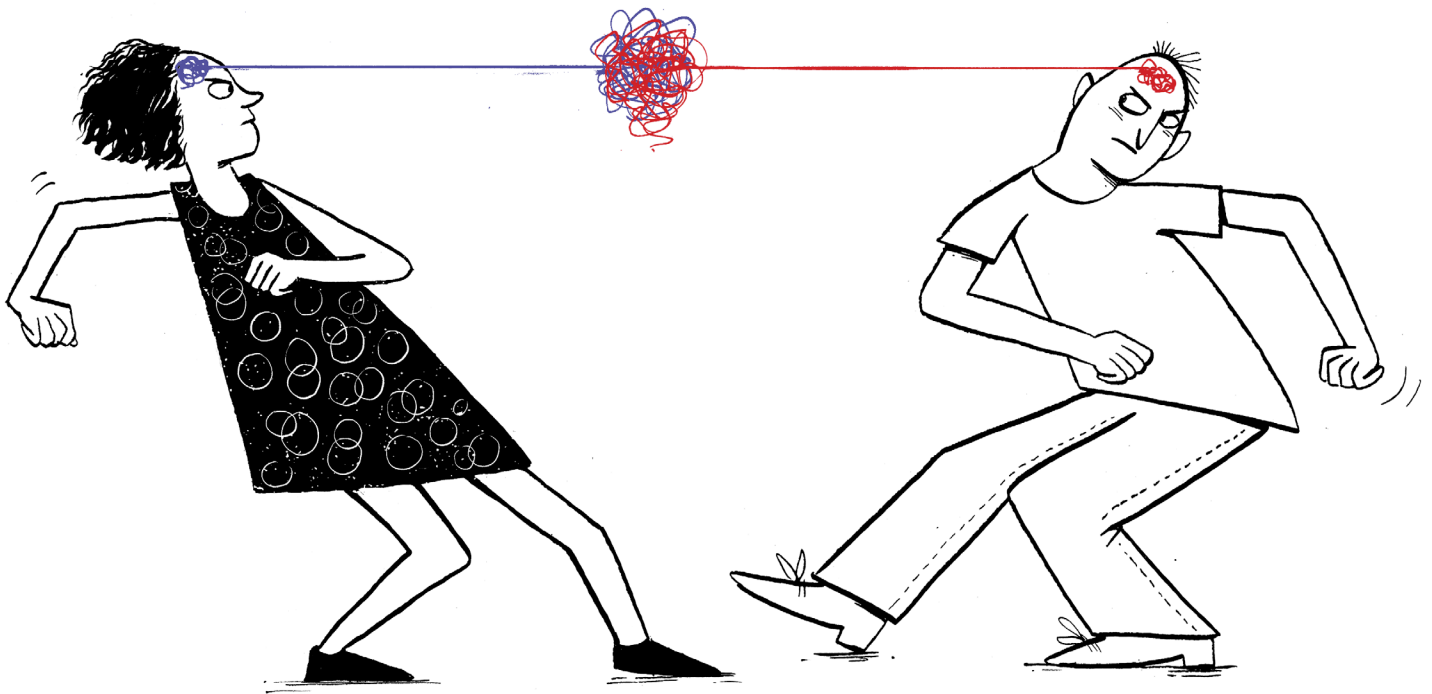


PERCEPTION BOX™

Resolving Conflict with Others

"Those" People





PART 1

6 Questions to Prepare

We all experience conflict. With coworkers, family members, romantic partners, friends. With neighbors, teachers, patients, coaches. With customers and clients. With “those people” who think differently than “our people.” With invisible monsters on the other side of the screen. :)

Conflict is part of the human condition. It’s not going away. But it’s not necessarily bad – it can be an opportunity to heal something inside of *us*, while simultaneously growing our perspective about someone else.

Ready?

Find a comfortable seat. First you’re going to take some deep belly breaths to get present and grounded in your body.

Exhale all the air out. Slowly inhale through your nose to a count of four, hold for one second, then exhale out your mouth to a count of six. Do this a few times. Notice the sensations in your belly. Your chest. Your face.

Now imagine “those people” seated in front of you. It’s not the version of them you’re upset with. It’s them at their most loving and wise. Let’s call it the Higher Self version of them.

They will be conversing with the Higher Self version of you – you at your most open and understanding.

Take a moment to visualize this.

After reading the first question below, close your eyes and, still picturing them seated in front of you, ask them the question. Let them answer you.

Don’t just *think* about how they *might* answer – actually *see them* answering you.

Then open your eyes and write down what they say.

Go through this process with each question.

1. First ask "those people" (their Higher Self), "Can you help me understand why you behave the way you behave? In this situation, what do you really want and need?" Let them tell you their perspective as they share from the heart.

What do they say?

What emotions come up for you as they speak?

2. Share with them why YOU behave the way you do. Picture their Higher Self asking you, "Are you willing to tell me more about your deeper level intentions and motivations in this situation? I genuinely want to know what you need!"

What do you say to them? (See them taking in what you say with interest and care.)

What emotions come up as you speak?

3. Ask them to share with you the challenges they deal with in everyday life. Tell them, "I want to know more about your struggles and difficulties that I don't ordinarily see. Please share with me so I can better understand where you're coming from."

Note: If you're thinking "I don't know about their struggles past or present," recognize that the details don't matter. What matters is every human being has suffered. Every human has taken on Perception Box beliefs that put them in conflict with others and with themselves. Do your best to really feel into their experience and let them speak to you from that place.

What do they say?

What emotions come up for you as they share?

4. Let their Higher Self tell you, "It's ok that you feel the way you do toward me. Your perspective is valid, no matter what I'm thinking or feeling. I'm just wondering – now that you understand where I'm coming from, could you keep an open heart toward me at the same time? Because I'd really like to do that with you."

What emotions come up as they say this to you? What thoughts?

The final 2 questions are meant to expand your Perception Box wide enough to consider the larger picture – beyond your personal conflict.

5. Ask them what they want more than anything in life. Their dream of all dreams. Their deepest longing for themselves and for the world.

Maybe it's love. Or connection. Maybe it's peace in their surroundings and inside themselves.

What do they say?

What emotions come up for you as they share this?

6. Let them ask your Higher Self what YOU want more than anything. YOUR dream of all dreams. Your deepest longing for yourself and for the world. Feel into what is true for you, and share that.

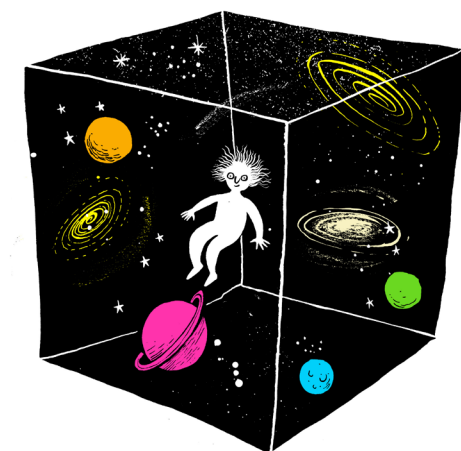
What do you say to them? (See them genuinely taking it in.)

What emotions come up for you as you share this?

Congratulations! You've just expanded your Perception Box.

Take a moment to consider what you've just learned. With your perspective now reframed, you may already be feeling greater compassion for the other person AND for yourself – with a clear path forward on how to engage with them next.

If you still don't know what action steps to take, the following worksheet will help you figure it out – and actually take those steps.





PART 2

4 Questions Right Before The Action

With your new, expanded perspective, imagine you're going to meet "those people" you feel in conflict with *5 minutes from now*.

Acknowledge any anxiety and give it a friendly nod, as if to say, "You can be here if you'd like but I've got to move forward with them."

And answer the following 4 questions.

1. What approach might you take with "those people" that would feel different than last time?

2. What emotions do you need to acknowledge inside yourself as you prepare for this conversation?

3. How might you begin the conversation? What will you say first?

4. What qualities or values will you draw upon as you engage with “those people”? How will these qualities or values help you?

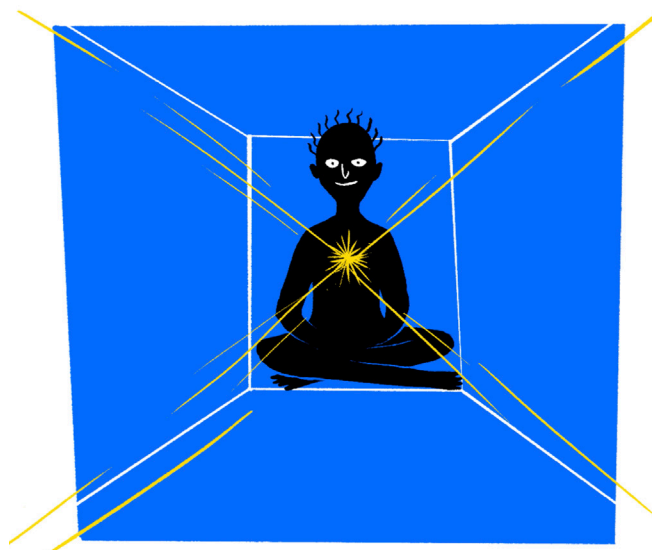
Great job!

You’ve done all the necessary prep work. Time to engage. (You got this!)

Right before speaking to them, give yourself a minute to get in the right frame of mind. Close your eyes, take a deep breath, and as you slowly exhale, picture the Higher Self version of you approaching the Higher Self version of them.

Commit to engaging in “compassionate listening” – asking questions with genuine interest and care rather than relying on your assumptions. Commit also to caring for yourself, and if the exchange starts to feel overwhelming, be gentle with whatever comes up. Remember: Both of your perspectives are valid.

Now open your eyes, and let your Higher Self lead.





PART 3

6 Post-Action Reflections And Resolutions

After such a courageous encounter it's helpful to reflect on what just took place – what you said or did, what you were feeling, and what seemed different this time compared to before. This will prepare you for the *next* difficult encounter – and show you how far you've come!

Take 5 minutes to answer the following questions.

1. How did you prepare for the encounter with “those people”?

2. What did you do or say first?

3. How did they respond?

4. Did you have any expectations? It's ok if you did, just gently acknowledge what that expectation was, and what carrying that expectation led to. What might have felt or gone differently if you had no expectation?

Note it here.

5. What did you learn about yourself or "those people"?

6. Are there any insights that you can carry into other encounters, maybe in other areas of your life?

You did it!

I hope you give yourself credit for how monumentally difficult it is to look your conflicts in the eye and see what they have to teach you. The more you do this work, the longer your expanded state will last – and the more clarity you'll have in ALL your interactions.

Should you need help with another conflict, come back to the website. We tried to think of every brand of butting heads, but if we missed yours, tell us!

Until then, enjoy your expanded Perception Box.



The more you do this, the more you will recognize –

The Only Way Forward Is Inward.



This is a self-investigative and wellness worksheet only. Any information provided is for informational and educational purposes only and is not a substitute for any kind of medical or professional advice. And none of the information provided constitutes or should be seen or construed as medical, psychological, psychiatric, mental health, therapy, healthcare, or clinical advice of any kind. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding healthcare treatment, a medical condition, or possible treatment, and never disregard professional medical advice or delay in seeking such advice because of something you may have read on the worksheets or heard from participating in our workshop.