



Relationship Matters

Embracing Personal Growth to Enhance Your Relationships

Some Basics

- Our Time Together: 6 Weeks: February 18 – March 25
- The Format: 4:00 – 6:00 Content, Interaction
- The Rules: Please do not share the website with friends who are not attending the class.
- This Class is Designed to be Positive, Empowering, Interactive and Personal Growth Enhancing.

www.billygrammerdallas.com/rc2018

Password: rc2018

Who am I?

Good Question!

Licenses: LPC/LMFT/CST

1750 Client Hours per Year x 30 years = 52,500

Classes, Workshops, CEU's, Personal Growth,
Relationships, Pre-Marriage, Marriage, Sexual Issues,
Individuals, Couples, Systems

A Personal-Growth Approach

Making a Shift in How You Think of Relationships!

Paradox & Personal Growth

What is “Paradox?”

(Without a “Concept”, We are Experientially Blind)

What is “Personal Growth?”

Question: What is:

- A “Good Relationship?”
 - A “Good Marriage?”
 - Draw a Circle
- Write 5 -10 Things You Would Include in a “Good Relationship.”
 - Rank Your Top 3-5

What is a Good Relationship?

Your Thoughts:

Question: How?

Think for a Moment on the List of Items in Your Circle of a “Good Relationship” or a “Good Marriage” and Ask Yourself:

- How is a “Good Relationship” Achieved?
 - By What Means, is it Actualized?
 - What Have You Been Taught?
- What Has Been Your Normal Thinking on This?

How Do You Achieve?

Your Thoughts:

“Normal” Approach

- “We both have to cooperate in order to have a good relationship.”
- In order for our relationship to improve, I need you to come to therapy with me! We BOTH have to invest in making this better!
- “I have to get you to listen to me, understand me, validate what I’m saying – so that you will cooperate and do what I want you to do (so we can have a good relationship).

“Good Communication”

- “I must get you to listen to me, understand me and validate me because you are the source for my own validation. You must tell me I’m O.K.”

“Normal” Approach

- “To get what I want in this relationship, I need to constantly focus on you to teach you, correct you and influence you so that my needs will be met. I will accomplish this by:

Talking to you so that you will “Hear Me.”

Sharing my Emotions with you to Influence and Change you.

Increasingly Using Negatives (Personal Hurt, Criticizing you, Pointing out your Deficiencies) to get Positive Changes from you.

“Normal” Approach

- “To get what I want in this relationship, I have to focus more on you, point out your ‘blind spots,’ confront you more, pray for you more, think about you more because you are the source of my satisfaction and dissatisfaction. So, for me to be happy, I need you to really get this and get on board with the program. I am desperate and by the way, I apparently am the only one who cares about this relationship!”
- “To have a really good relationship, I need to get you to do life mostly my way, to see the world as I see it and to see myself as I see myself – and to affirm and love me only in ways that make sense to me, on my terms.”

Shift In Thinking #1

There's No Such Thing as "Working on Your Relationship."

- You Can Only Work on *Yourself* While You are "in a Relationship", i.e. As You "Relate" to Others.

"We're Here to Work on Our Relationship."

- The Best Way to "Change your Relationship," is to Change *your* Relationship to the "Relationship."

Shift in Thinking #2

There's Always Something "Right" (Legitimate) About
What Seems to be Going "Wrong."

Don't Look for What is "Going Wrong." Look for What
is "Going Right!"

You Have Exactly What You Have! Don't Protest it.
Understand so as to Change it.

Never Say, "This Shouldn't Be Happening!"

Shift in Thinking #3

The Relationship You Actually Have (in real life), is NOT Your "Problem." Rather, it's an "Outcome" of the Natural Ingredients that You Each Contribute.

"You 'Should' have Exactly what you Have!"

The Ingredients that Produce the Relationship You Actually Have Should be Your Focus!

The "Problem" is Actually a Valuable "Outcome" of Certain Factors (ingredients) that Produced the Outcome.
The Outcome is a By-Product of the Ingredients.

Side Point: Methods of Influence

- **Assume a Position of Protest: The Bar of Justice**

Attempt to Influence by Being Negative, Using Negative Emotions, Focusing on Faults and Deficiencies, Demanding to be “Right.”

- **Assume a Position of Acceptance / Invitation**

Attempt to Influence through Connection, Using Positive Emotions, Validation and Affirmation. “Honey, Would you Please Consider . . .”

Do You Want to be Desired? Or Tolerated?

Shift in Thinking #4

“You Cannot Get the Desired Outcome by Constantly Focusing on the Outcome (First).”

- “How you Achieve the ‘Outcome’ is as Important as the Outcome!”
 - We Confuse “Outcome” with “Process.”

Ex: “Cooperation”

“Good Communication”

A “Good Relationship”

Let's Make a Shift

Away from an “Other-Focus” to a “Personal-Growth Focus”

“Worry ‘Bout Yourself!”



Let's Make a Shift

- Shift away from focusing on everything outside your Hula-Hoop and shift toward everything inside your Hula-Hoop.
- Shift away from thinking your “problems” are outside your Hula-Hoop to focusing on what’s going on inside your Hula-Hoop.
- Shift away from confronting others to confronting yourself.
- Shift away from having to change everyone and everything else to a radical acceptance of “what is.”

Nothing outside your Hula-Hoop has to “change” for you to be
Reasonably Happy

Let's Make a Shift

- Shift away from controlling others to controlling yourself.
- Shift away from using emotions to influence and change others to influencing and changing yourself.
- Shift away from getting others to “accept validate and understand you” to accepting, validating and understanding yourself.
- Shift away from using your “relationship” as your “soothing mechanism” to using “God” as your stabilizing Center.

Why Make this Shift?

Good Question! Thanks for Asking!

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Making a Radical Shift!

Let's Shift the Focus to What You CAN Control and to What You CAN Work on to Improve.

WHY DO THIS?

1. You are in a Relationship with a Person that You Cannot Fully Control. There are No Guarantees!

Remember: You Cannot “Work on the Relationship.”

2. Being in a Relationship with a Person (who is not *you*) is Growth Producing. You Have the Opportunity to Become Someone you are *Not*. Life is Growth Producing!

Why Make this Shift?

3. The increased significance of personal relationships require more of a sold self, not less.

The Scale of Significance

4. Your personal growth must keep pace with the increased significance of personal relationships to keep Desire alive.

The Ski Slope of Significant Relationships

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Why Make this Shift?

5. All relationships create “crucibles of growth.” You must work with the tension, not against it to produce “maturity.”

Significant Relationships Create A Pressure Cooker

You are in a relationship with “not you.”

Marriage is Dialectical: A Relationship of Opposites. Opposites Create Tension. Tension Produces Maturity

6. Your source of personal satisfaction is not found by getting “more out of your relationship,” (i.e. the “other person”), but by getting more out of yourself.

Why Make this Shift?

7. Relationships challenge your sense of self. They Challenge How you Know Yourself, Others, and the World.
8. Influencing others through a “positive relationship connection” is far more effective and increases your own growth.

Assume a Position of Invitation

It's not about “Your Needs.”

Making a Radical Shift!

9. Relationships Exposes (not *causes*) your Level of Personhood as well as Your Emotional Maturity / Immaturity.
10. Relationships Require Discipline, Self-Control and Self-Mastery.
11. Current Relationships Evoke Growth Issues that We Avoided in our Past Relationships.
12. All Relationships (esp. Marriage) Invite Each of us into a Personal Relationship with God, Something Bigger.

Making the Shift Toward Personal Growth

So, What does that Look Like?

Shift in Thinking Toward Personal Growth

Let's Shift to a Model that is:

Personal Growth Oriented

Non-Cooperation Based

Includes Freedom of Choice

Non-Binding

Matches Reality

Promotes the Correct Sequence

Making the Shift toward Growth

1. Grow A Solid-Flexible Self
2. Manage Your Emotional System
3. Control Reactivity
4. Find the Value
5. Increase Personal Desire

The Wonderful Benefit

The growth of a person is the progressive liberation of desire. It is the process whereby desire finds ever more deeply its subject, whereby desire comes to be in one who can say, ever more deeply and wholly, “I want.”

Sabastian Moore, *The Liberation of Desire*.

Desire is Looking for a New Subject; Not a New Object

Roller-Coaster Illustration

Our Theme: Maturity is the Goal

And we proclaim Him, admonishing every man and teaching every man with all wisdom, that we may present every man *complete* in Christ. Col 1:28

Consider it all joy when you encounter various trials, knowing that the testing of your faith produces *endurance*. And let *endurance* have its perfect result so that you may be *complete* and *mature*, lacking in nothing. James 1:2-4