

The background of the slide is a light beige or cream color, featuring numerous black ink splatters and dots of varying sizes. A large, dense cluster of splatters is located on the left side, while smaller, more isolated dots are scattered across the rest of the page.

Growing a Solid-Flexible Self

Relationship Pilates: Strengthening the Core

Thoughts from Last Week

While Living Life from Inside Your Hula-Hoop this Past Week, did any Thought, Truth or Principle Stick in your Brain from Last Week's Class?

Did Anything Cause You to See Your Life and Your Relationships Differently? Did Anything "Make a Difference in Your Life?"

Did any Paradox (Contrary to Your Normal Thinking) Stay With You? Did Anything "Matter" to You?

Did You Read any of the Resources on the Website?

Brief Review

1. This class is all about how to teach, correct and control others to get them to listen, accept and understand you so that you can form wonderful, fulfilling relationships. True or False
2. The primary source of fulfillment and happiness in life comes from being in a relationship with the person you love and who loves you. Because this is true, it is wise to get them to understand this so that they will cooperate with you. True or False
3. It is best to focus on all the wonderful things you get out of a relationship, not what/who you can be to it. True or False
4. It is really, really important to understand that in order to improve and have a good relationship, you must get the other person to cooperate with you. Cooperation is essential. True or False

Brief Review

5. The more you need, demand, require, complain and rob a person of their choices, the more motivated they will be to make the changes you want them to make. In fact, they usually rise up and thank you for it! True or False
6. Giving up your self to create a relationship is as defeating as giving up your relationship to protect your self. Either way you end up being less of a person with less of a relationship. True or False
7. Using negative words, emotions and behaviors is an efficient and quick way to get instant positive changes in a person! This is because negatives pack a punch, wake people up and motivate them to reflect on what they really want in life! True or False
8. This class is awesome because my spouse, partner, significant other is also attending and I think that as a result, they will finally get it, make changes and become the person I want them to be! In fact, after tonight's class I'm going to ask them a bunch of questions to make sure they're getting it! True or False

Principle #5

Stop Protesting and Prosecuting. Start Accepting and Understanding!

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 it so as to Constructively Change it.

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

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 . . .”

Work Together to Co-Create a Relationship!

Ask Yourself: What Do You Want?

Growing a Solid-Flexible Self

The Concept

Solid-Flexible Self: The Concept

Differentiation

Cellular Biology

“Separateness” and “Distinction” provide the Foundation for “Connection” and “Togetherness.” The Result is “Interdependence.”

“Separateness” and “Distinction” refer to Physical, Emotional, Psychological, and Spiritual Separateness.

Solid-Flexible Self: The Concept

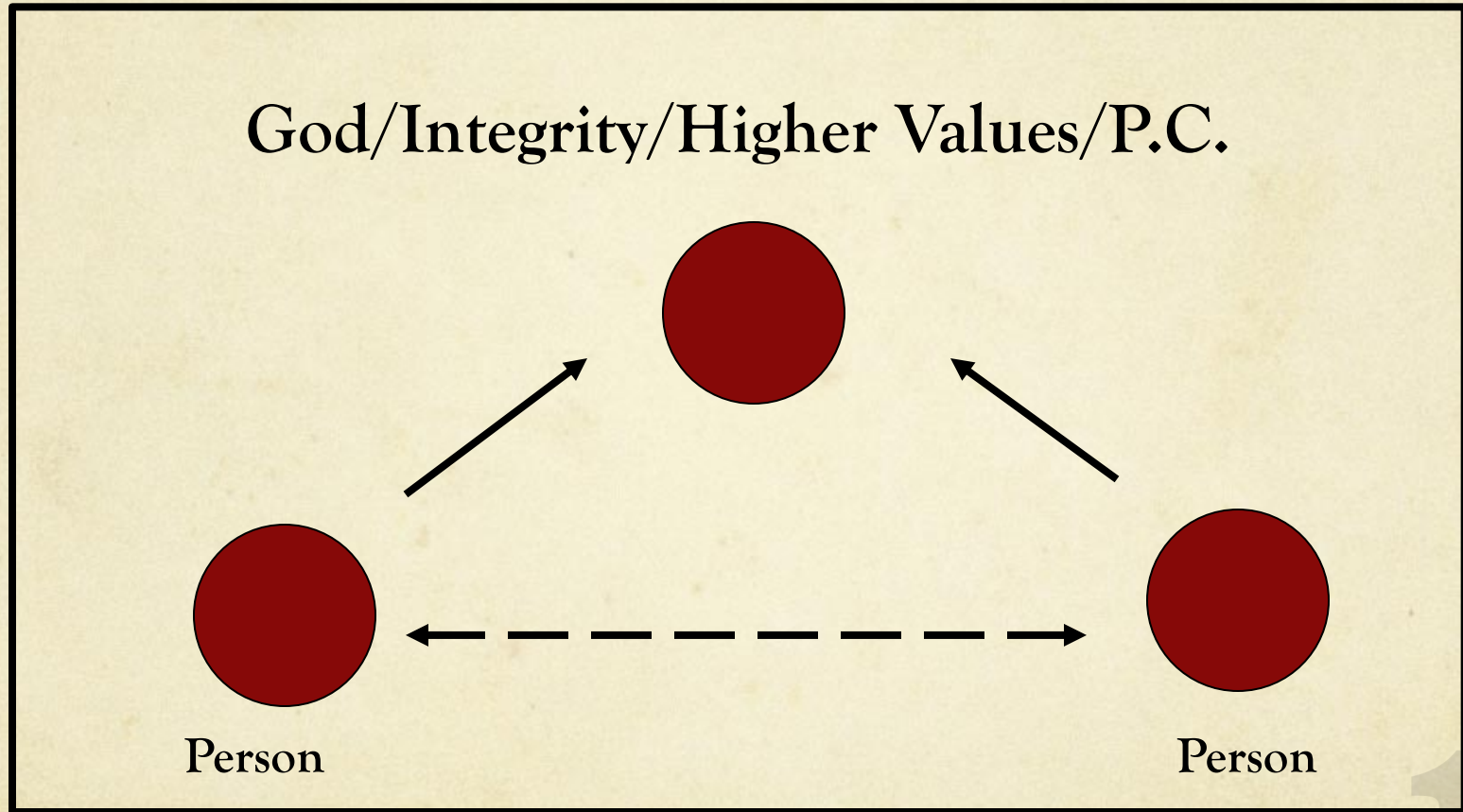
The Ability to Stay in Connection with a Person of Significance without being Consumed by that Person, i.e. without the Loss of Self.

The Ability to Stay Rooted and Grounded in One's Identity, One's Sense of Self.

Differentiation is About Getting Closer and More Distinct, More Defined in their Presence.

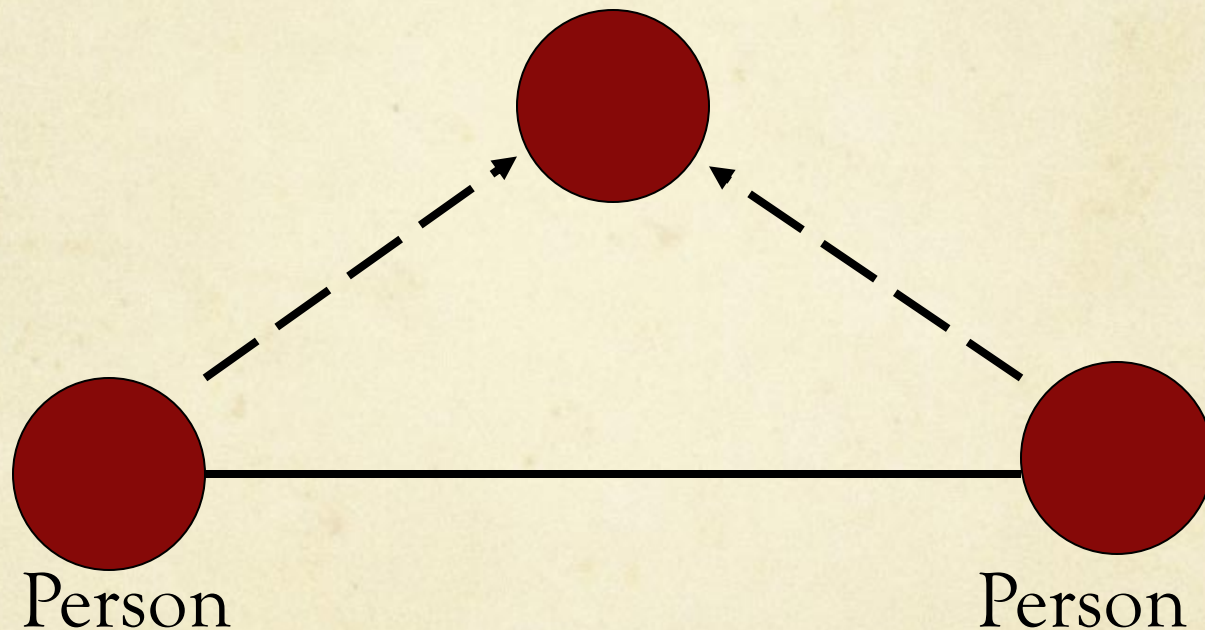
Bring "Definition" to Your Life. Define Your Life.

Relationship: Connection with Separateness



Fusion Tendency

God/Integrity/Higher Values/P.C.



Solid-Flexible Self: The Concept

A Solid Sense of Self develops from confronting yourself, challenging yourself to do what's right, anchoring to your higher values and earning your own self-respect.

It develops from inside you, rather than from gathering from what is outside of you.

It comes from making a courageous leap of faith!

Maggie's Undifferentiated Self



Leonard Zelig: The Selfless Man



Only Two Types of “Connection”

1. Connection *with* Psychological Separateness

A Differentiated Connection or Togetherness

Or

2. Connection *without* Separateness

Single Cell, Uni-Polar, Emotional Fusion, Co-Dependency,
Enmeshment

Emotional Fusion = A Tenacious Emotional Connection
without Psychological Separateness