



Your Daily Practice

Episode 30

Getting Past You and Me to Build a Better Relationship with Dr. Terrance Real

Long-term relationships take work. We need to know our relationship patterns so we don't keep getting caught in them, and practice being vulnerable instead of trying to protect ourselves. In this episode, Terrance Real teaches us how to step out of patriarchy and individualism into the "biosphere" of your relationship. Here are three things to try this week:

Practices to try this week

- 1. Start thinking relationally.** What is your pattern of "the more, the more?" Do you tend to withdraw when vulnerable, or do you tend to attack? How does it impact your partner? Remember the relationship pattern is what we are trying to target and shift.
- 2. Remember love.** Use love to repair if you are in a place of disrepair, or to step out of your adaptive child if you are caught in it. Respond to your partner with compassion and curiosity. Try one of these statements with your partner this week: "Is there anything I can say or do right now that will help you feel better?" or "It's understandable you feel this way. It makes sense."
- 3. Meet your adaptive child, and introduce them to your partner.** Ask your partner, what do you notice about me when I am triggered in our relationship? How do I tend to respond? And then share your observations with your partner when they are triggered. Once you get a sense of your adaptive child selves, ask questions about how they might have served you as children, but are not serving you now.