

Creating a "Breathable Non-Stick Surface"

4 "typical" Perceptions of friendly and unfriendly encounters

1. The actions of others are directly related to me.
2. My own actions are directly related to me.
3. My actions are directly related/in response to them.
4. Their actions are directly related to them.

Which of these is most comfortable to me? Which best describes my perception style (number them from 1. [most like me] to 4 [least like me])?

Development of Empathy

What might be going on for the other person?

Do I figure at all into their choices?

[does that reflect on me in any way?]

Do they figure into any of my choices?

What will it cost me to respond positively to this person?

What will it cost me to respond negatively to this person?

Is it worth it?

Establishment of Boundaries; suggestions of stances to apply to oneself

I am allowed to walk away when I am physically or verbally threatened or mistreated.

I am allowed to say "no" when saying "yes" will cost me too much (time, energy, money, etc.).

"No" IS a complete sentence. I do not need to explain or rationalize further.

I am allowed to ask others for help.

I am allowed to ask others to wait their turn.

I do not need to feel pressured by the impatience of others.

I am allowed to ask others why they are unable to hear my "no."

I am allowed to change my mind as many times as I need to.

I do not need to be rude, inconsiderate, or angry to have my boundary heeded.

Power tools for “Teflon” Creation:

Acceptance: not to be confused with being a doormat. This is an action step. It requires one of the highest levels of action one must take when relating to others. The task is simple and possible: viewing the person/place/thing/event as it truly is; not how it should be, how you want it to be, how it must really be. Only upon reaching this point do individuals have power to make choices.

Choice: Once acceptance is in play, choices are available and can be made. These include whether or not to respond, how to respond, what one can reasonably expect upon responding, etc.

Climate Responsibility: Acceptance and choice contribute to the general climate or atmosphere of the community.

Suggestions for discharging frustration/hurt/embarrassment:

Laugh; tell others about it; talk directly with the person; talk the encounter through with yourself (talk yourself down); etc.

Others: _____

Assessment of responses &/or moving into perceived slight:

How important is it?

Is my response: Thoughtful? Honest? Integrity-based? Necessary? Kind? [THINK]

Does this have anything to do with me, really?

Is there something truthful in what is being said about me?

Do I need to address this now? Can I apply the 24-hour-wait rule?