



WEEKLY QUESTIONS - THE DANCE OF CONNECTION

Week 4: Ch. 10-12

The questions below are intended to make you think about the material you are reading and how it applies to your own life, as well as where you can make changes. You can answer these questions on your blog, in a journal, or in our [Facebook group](#) – or all of the above! If you are behind, don't worry. All the information will be there for you to come back to at your own pace. No stress. No judgment. No guilt!

QUESTIONS:

1. HL says when in conflict we can get completely skewed as to our partner's or friend's good points, because we're so focused on what is WRONG with them. Think about a relationship that is in conflict. Have you lost your perspective on the other person's good points?
2. “When we're feeling angry, it's hard to take positive new steps to speak differently ourselves...” says HL (Ch. 10, p. 139). Can you let go of your anger long enough to warm up your relationship?
3. “We have to stop waiting for the other person to change first.” (Ch. 10, p. 140). Examine your thoughts about the other person. Are you waiting for them to change so your relationship to improve?
4. On p. 144 (Ch. 10), HL describes a relationship with a high emotional climate. Neither party can calm down enough to listen and work together. Any random topic or comment can trigger intensity, with “both persons... rigidly polarized in opposing

camps...” Does this feel familiar? How committed are you to changing YOUR behavior in order to move forward?

5. Some of us (ahem) have trouble choosing between “being happy” and “being right.” After all, we’re RIGHT! But review this statement:

“There is no virtue in speaking to others in a way that makes it impossible for them to hear what you have to say or to appreciate the truth of your position.” (Ch. 10 p. 147).

Even when you are “right,” how are you conveying your position? Is the other person able to hear your “rightness?” What are YOU doing to make them turn off? What can you do to turn them back on?

6. Review the “horsemen” in Ch. 10 (starting on p. 149). Are you guilty of any of these?
7. HL asked one of her clients to write down three specific actions to improve his relationship with his wife. Pick one of your relationships with conflicts. What are three things you can do to warm up that relationship?
8. In Ch. 11, HL talks about criticism, a tough thing to take! She says, “We need to be able to listen before we can get our own message across.” Watch your behavior this week. Are you seeking first to understand, or to be understood?
9. What are your biggest takeaways or “Aha!” realizations from this section?

“There is no virtue in speaking to others in a way that makes it impossible for them to hear what you have to say or to appreciate the truth of your position.”