

The Conscious Upset Resolution Exercise

Part Two – The Dialogue

The Eight Steps to Mutual Understanding & Resolution

1. **Perception Conversation** - Take turns sharing your perceptions about the situation. Remember not to argue about whose perception is more valid. Listen deeply when they talk. Don't listen to the voice inside your head that may be commenting on what they say. Remember, it is okay that you see or remember things differently.

2. **Feelings Conversation** - Take turns sharing the feelings you have each had about this situation. Be responsible for your feelings and avoid blaming the other person for what you feel. Remember to just listen from the heart without judging, being a compassionate witness to their point of view. Listen to their feelings without judgment.

3. **Identity Concerns** - Bring in the **Identity Conversation**. With a curious attitude ask, *"Is there any way that our individual sense of self has been affected in this?"* Take turns listening to one another.

4. **Personal Responsibility** - The first most important move for you to make in this situation is for you to **take responsibility for your part without requiring that they take responsibility for theirs**. People have different levels of expertise in taking responsibility.

If you both know how to practice the **CURE** and you have completed the worksheet you may want to use your worksheets to add anything else that might shed some light on the situation for the other person.

Usually, you won't want to include the thoughts and feeling you were venting at the beginning of the worksheet. Most of the time it is not helpful.

Typically, the more people share the greater the learning opportunity is for everyone concerned. So if you feel it is appropriate you can share the beliefs and attitudes you have that could have contributed to the upset.

5. **Apologies** - Make whatever apologies are appropriate. There is a tremendous healing power in an apology. Some people resist making an apology because they mistakenly think it is admitting wrongdoing. But apologizing for the distress in the situation and whatever you may have done to contribute to it goes a long way to restoring harmony. Try it on for size, *"I*

apologize for whatever I may have done to upset you." See, it hardly hurt at all.

6. **Requests** - Make any requests of one another that will further cooperation in your future together. You are responsible for your needs being met and one of the best ways to do that is by making clear requests that inspire cooperation, rather than demanding compliance.

You can both discuss any ideas you have about what needs to happen for this upset to be completely resolved so that you both feel good about the whole thing. Ask each other, *"What needs to happen, if anything, for you to feel resolved about this upset?"* You are establishing mutual goodwill for the future.

7. **Future Actions** - Come to an agreement about how this kind of thing might be handled in the future. Are there any new strategies you need to put in place? See if there are any further steps that need to be taken, for example, communicating with other people who may have been affected by the upset.

8. **Acknowledge and Celebrate** - You may want to underscore what good came out of the upset. For example, *"You know, I can see that this turned out okay. We understand one another better than before and that is a good thing."*

Or

"As we complete this conversation I see that the good that came from this difficult situation outweighs the bad. I've learned a lot about you and myself. I'm glad that together we were able to turn this around so that there are no remaining bad feelings. Thanks."

You can also acknowledge them for their willingness, curious attitude, giving you the benefit of the doubt, or risking that it might not work and trying anyway. Be as generous with one another as you can be.

Thank them for their time or their good will or whatever seems appropriate. This nurtures the relationship and acts as a healing salve for whatever remaining feelings of upset may linger.

Often the outcome from the dialogue is so positive people feel like celebrating. The affinity that has developed is so high, a mere acknowledgment and thank you seems inadequate. We encourage you to give in to this impulse to celebrate. It strengthens the relationship and brings in the perfect top note of joy.

In the Unlikely Event the CURE Does Not Succeed

If you still feel distant from one another we would suggest that you get a coach or someone else to facilitate a deeper level of resolution. Sometimes it just takes expert help to complete these things. Maybe you will want to do it together or perhaps you will want to do it individually. From a spiritual perspective it is worth whatever time or effort you need to bring to the situation.

Remember to check in with your higher spiritual values. Are they the top priority or has another priority somehow slipped in without notice. Do your best to keep going for the highest spiritual thought and the truest expression of your divine nature!

Occasionally, using the **CURE** fails. Though the times have been few they are still worth mentioning. It usually comes down to willingness, or rather, lack of it. Somehow, on one side or both, the willingness wanes. Often it is a lack of insight into the deeper emotional undercurrents or just plain fear to confront the deeper issue that has been triggered.

Sometimes people don't feel safe enough to go deeper and it can take some time for the safety to develop. Sometimes, it is lack of a clear benefit for resolving the issue. One of the things we recommend if this happens for you is to discuss what it might be costing everyone involved if this situation doesn't get worked through.

Sometimes these issues bring you to the outer edge of your own evolutionary journey. You get to a place where you just don't know what to do. You reach the limit of your own wisdom and ability. We encourage you to use your spiritual resources. Pray or ask for guidance and get some expert help.