THE BUSINESS MEETING FOR RELATIONSHIPS
FOR YOURSELF ALONE - WITH A PARTNER TOGETHER - WITH THE WHOLE FAMILY AFTER DINNER

AGENDA
1. Call meeting to order ......................... Purpose: settle down and focus on the work of the meeting at hand.
2. Additions to agenda ......................... Purpose: any new items that require being brought up.
3. Minutes of previous meeting .............. Purpose: a review of last meetings accomplishments and unresolved issues.

4. Round of Mad-Sad-Glad-Scared.
5. Ask for strokes or brag on yourself.
6. Give strokes, brag on other people.

Purpose: practice relating to feelings without argument or discussion.
Purpose: make positive stroking a regular habit, no false-modesty.
Purpose: learn to give freely, build positive support and feelings.

7. Committee Reports: (You or Couple or Family) purpose: provide structure to talk about issues
   A. Review of Agreements about CONTRACTS or CONDITIONS
      Performance - What is the consequence of doing what you agree to?
      Breach - What is the consequence of not doing what you agree to?
   B. Old & New couples or family policy (rules, shoulds)
      discussion, review, changes, modifications
   C. Old & New procedures, (how-to's, what-to's, where-to's, when-to's)
      discussion, review, changes, modifications

D. New Problem Presentation or Old Problem Review
   a. Current Symptoms or Real Problem? Get clear definition.
   b. List possible solutions.
   c. Pick an acceptable solution to implement.
   d. Agree to do it and keep track of how it goes. Modify as necessary.
E. Entertainment Committee, (Planning for FUN!) Parties, VCR's, Evenings, Vacations, Weekends
F. Education Committee,
   (You have to learn all the time - Parents have to teach children - Parents have to bring up topics of conversation ON PURPOSE, including:
   Feelings, Values, Fairness, Power, Community, County, State, Country,
   World, Sex, Power, Religion, Politics, Science, Technology, School,
   G. Finance Committee, Couples and Children need to know how to manage money - talk to each other
discussion, review, changes, modifications of budget, input by children as is age appropriate.
   H. Ad Hoc Committee for special purpose or short notice problem.

8. Old/New Business--Announcements, Letters, etc. other old/new - no fighting - plan agenda for next meeting.

9. Adjournment with respectful thanks to each for good work, discipline, patience & love.

DO'S
ENJOY, SHARE, GOSLOW, LISTEN, SHARE, BE OPEN, LAUGH, SHARE, Cooperate
DON'TS
WHINE, SNIVEL, CRITICIZE, LIE, BLAME, SHAME, COMPLETE, CALL NAMES, SUCK, HURRY

D-IRS
Disregard-Irritation
Rigidity-Serenity
The 4 major dysfunctional dynamics
The fix is to re-tool these into the functional dynamics of Discovery-Inclusion-Responsiveness-Selective Sharing.
This requires Honesty, Openness, Willingness.

D-FBI
Discounts of Feeling-Behavior-Intelligence.
Discounts minimize, ignore, reduce, diminish, lessen, decrease, or trivialize important aspects of reality.
Discount of Feeling - "Don't cry, you are not hurt." "Don't be a cry-baby." "You are not mad, just upset"
Discount of Behavior - "You can never do anything right." "You'll never win." "You are a real loser"
Discount of Intelligence - "You are stupid, you will never amount to anything." "You can't think straight."
The fix is to ACCOUNT for the discounts-using words more to coin, explain, explore, the discount.

D-CIA
Unresolved Dependency issues of Control-Inclusion-Affection
The 3 basic family psychosocial dynamics
Many children do not have sufficient and appropriate affection and inclusion in their family of origin. They will then MOST OFTEN double or triple up on CONTROL strategies in their personal and professional relationships. To fix endless control struggles, fix the short talks in affection and inclusion.
Control problem showing up as a sex problem? - Fix your love style (i.e. Affection and Inclusion with CARE AND COOPERATION).

The fix is to RISK words about affection, pay your DUES about inclusion by following the RULES about inclusion, share CONTROL by responsibly learning about the boundaries of what you own, what they own, what we own altogether and then being careful and cooperative about sharing or crossing these boundaries. Patience, Care, Clarity, and Respect gets it done.

IF YOU CANNOT CONTROL THE QUANTITY OF TIME THAT YOU HAVE THEN CONTROL THE QUALITY OF THE TIME THAT YOU HAVE TOGETHER.
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.