

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.** Purpose: practice relating to feelings without argument or discussion.
- 5. Ask for strokes or brag on yourself.** Purpose: make positive stroking a regular habit, no false-modesty.
- 6. Give strokes, brag on other people.** 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.

The value of this structure is that it provides an emotionally calm, stable predictable, productive, work space.

THE FOUNDATION OF OK FUNCTION
 3 - AGREEMENTS
 2 - D I G N I T Y
 1 - HEALTH AND SAFETY

THE FOUNDATION OF DIS-FUNCTION
 3 - COMPETITION
 2 - DISREGARD
 1 - TEMPER

STRUCTURE OF AGREEMENTS
 1- WHO AGREES TO DO IT
 2- WHAT IS THE TASK - DETAILS
 3- RESOURCES - TIME-MONEY-ETC
 4- WRITE IT DOWN - DATE AND SIGN
 5- CHECK IN FOR A PROGRESS REPORT



STEVEN KARPMAN MD (THE DRAMA TRIANGLE GUY)
INTIMACY WINNERS LOOP | **INTIMACY LOSERS LOOP**

CHERISHING	C	A	CONDESCENSION
APPROACHABLE			ABRUPT
SHARING			SECRETIVE
ENGAGED		S	E

LEWIS QUINBY LCSW
 (THE TA-TUTOR.COM GUY)
 (THE DURABLE TRIANGLE GUY)

THE ABC'S ABOUT HOW TO THINK ABOUT NEW SOLUTIONS

A - ALTERNATIVES - WHAT NEW CHOICES DO YOU HAVE ?
 B - BELIEFS - DOES NEW DATA MODIFY WHAT YOU BELIEVE ?
 C - CONSEQUENCES - DO NEW OUTCOMES CHANGE HOW YOU MAKE OTHER CHOICES ?

STEVEN KARPMAN MD (THE DRAMA TRIANGLE GUY)
3 RULES OF OPENNESS | **THE FLIP SIDE OF OPENNESS**

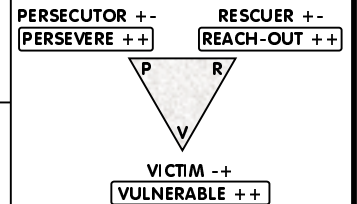
BRING IT UP	SAVE IT UP
TALK IT UP	BLOW IT UP
WRAP IT UP	MOP IT UP

DO'S ENJOY, SHARE, GO SLOW, LISTEN, SHARE, BE OPEN, LAUGH, SHARE, COOPERATE
DON'TS WHINE, SNIVEL, CRITICIZE, LIE, BLAME, SHAME, COMPETE, CALL NAMES, SULK, HURRY

D-IRS Denial-Isolation-Rigidity-Secretiveness The 4 major dysfunctional dynamics
 The fix is to re-tool these into the functional dynamics of **D**iscovery-**I**nclusion-**R**esponsiveness-**S**elective Sharing.
 This requires Honesty, Openness, Willingness.

D-FBI Discounts of **F**eeling-**B**ehavior-**I**ntelligence. Discounts minimize, ignore, reduce, diminish, lessen, decrease, or trivialize some important aspect 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 more words to confront, explain, explore, the discount.

DRAMA / DURABLE TRIANGLES



KNOW WHERE YOU ARE IN THE TRIANGLES
 KNOW HOW YOU GET IN & HOW TO GET OUT

D-CIA Unresolved **D**ependency issues of **C**ontrol-**I**nclusion-**A**ffection (3 basic family psycho-social 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-STRUGGLES** in their personal and professional relationships. To fix endless control struggles, fix the shortfalls in affection and inclusion. Control problem showing up as a sex problem? --fix your love life (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 together 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