

KEEPING YOUR EMOTIONAL DISTANCE

HOW TO AVOID BEING STEAM-ROLLED

by Lewis Quinby

1. **Maintain physical distance**
2. **Do first degree duet talking (not second or third degree!)**
3. **Change the subject**
4. **Hook into a third party**
5. **You stroke their intensity in 1st degree (not second or third degree!)**
6. **Keep the feeling / attitude that you want**
7. **Flicker effect -- hot / warm**
8. **Ask technical questions (gets their Adult, if available)**
9. **Use first degree polite, tact (gets their Nurturing Parent, if available)**

THE UNHOOKING LIST

by Craig Johnson

1. **No dirty stamps -- taken or given**
2. **Give low value strokes -- low enthusiasm**
3. **Reduce games - No Drama Triangle**
4. **Be Okay -- but not too Okay**
5. **Keep transactions in the Adult - to - Adult**
6. **Tell minor baddies about yourself (optional)**
7. **Use the double unhook -- make sure you don't need the person
and the person doesn't need you**
8. **Stay in the here and now -- no past -- no future**



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**