

6IX USEFUL A-B-C-D-E-F's FOR FAST EVALUATION OF A RELATIONSHIP

What to look for when you "interview" a possible partner, a current partner or anybody for personal, business, casual or profound relationships.

TAKE YOUR TIME – DESPERATE PEOPLE DO DESPERATE THINGS – SEX IS NEVER AN EMERGENCY

Sex is also often a misunderstanding as well as a poor substitute for respect, affection, talking, relaxing and getting to know the background of a person. Most people who get into trouble early in relationships do so by paying more attention to the "Foreground" (what is happening now) than the "Background" (what their history of relationships is). If you know where they "have been" with their other relationships, then you can predict a great deal about "where you are going" with them, what the consequences could be, and how you may feel after that happens, and the price that you pay !!

BASICS: A-B-C-D-E-F AFFECTION-BOUNDARIES-CONTROL-DOLLARS-EMPATHY-FEELINGS

AFFECTION non-sexual, is often not well understood or experienced by children who grow up in fear. Those people often choose sexuality because it is "safer" to do emotionally than the direct expression of affection. Being non-sexually close, warm, open - and safe - is what people want but often find it too scary and---lacking the discipline and skills to generate that---often settle for sex.

BOUNDARIES determine what is mine, yours, and ours. Boundaries are visible and invisible. Internal decisions about what we will accept are invisible; stated policy then becomes visible. We sometimes learn about people's boundaries when we say something to which they take "offense" when none may be intended. Talking about what the "rules" are early is easier than learning the hard way. Develop the skill to ask about what is OK or Not OK with people. Get the information.

CONTROL is cooperative or competitive, and usually a mixture. Psychological control competition is learned in early childhood when age-appropriate control is not allowed to a child. This says more about the parent's problems than the child's. Cooperation is also learned as a child IF IT IS TAUGHT. A problem in control struggles is that parents often want their own way as a convenience for the parent, not as a cooperative venture in teaching the child about healthy relationships and how to get along well in the world that they are entering. Cooperation must be taught by words & example.

DOLLARS and how they use money, will tell you an enormous amount about people. Money is often a childhood substitute for love. Combining MONEY, SEX, POWER (control) is often a toxic mix.

EMPATHY is the quality of identification and understanding of another's situation, feelings, and motives. Learning empathy requires knowing how to listen without giving knee-jerk advice. Sharing ideas, experiences, and options in a framework of patience, love, and acceptance without judgment is a dandy skill. A quick-fix list of shoulds and shouldn'ts will not fill the bill or help much.

FEELINGS are basic issues to look for that are fundamental in a person's training and personality structure. For example if you see that a person does not deal with their mad-sad-glad-scared with some balanced expression you have to question what they will do with the absent feeling in the future (with you). Someone who never gets mad may store up mad feelings for a long time and then dump all at once. Someone who never talks about scared is liable to be quite brittle. They will often use Denial, Isolation, Rigidity, & Secretiveness to defend themselves from dealing with major issues.



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.