

| ANNEX BUILDING BLOCK 2 - RESPECT

Source: Book: the DNA of Relationships, door Dr Gary Smalley www.smallayonline.com pag 197-203



1. Identify the conflict

Think back to a recent conflict. This could be a crisis, or negative ongoing discussion with your partner, child, colleague, friend, a situation that was difficult for you and hurt you.

How did you feel in that moment?

What words were said that made you feel sad? If you had not said/done -----, I would not get sad.

2. Identify the possible fear behind this situation.

What was your feeling?

Put an x in front of all appropriate feelings. Put an * in front of the most important feeling.

01. I have been rejected
02. He/she does not want an (open) relationship with me
03. I have failed
04. I am a poor person
05. There is something wrong with me
06. I can't do anything good
07. He/she doesn't love me
08. I am not satisfied with him/her
09. He/She is dissatisfied with me
10. I have been deceived
11. I am worthless
12. He/she does not accept me as I am
13. I am condemned
14. He/she has belittled me
15. He/she does not give me attention
16. He/she does not see me
17. He/she doesn't understand me
18. He/she doesn't know me
19. He/she doesn't know how to treat me
20. Otherwise

3. Identify your reaction

In the crisis situation you described in step 1, what was your reaction to the negative feelings in step 2?

Generally what are your reactions when you are sad? What do you do or what do you say? Put an x for all appropriate responses. Put an * for the most important reactions.

01. I defend myself with words and explanations
02. I withdraw
03. I turn an elephant into a gnat
04. I belittle and accuse the person

05. I begin to reinforce the negative thoughts in myself
06. I give the person a "silence treatment"
07. I blame the other person
08. I burst into anger
09. I go out to eat
10. I pretend to go about my daily business
11. I feel responsible for others
12. I want to solve problems like a hero
13. I go shopping
14. I use alcoholic beverages and/or drugs (or other sedatives)
15. I start complaining
16. I become aggressive
17. I try to manipulate the other person
18. I start making jokes
19. I try to find a logical explanation
20. Otherwise

4. Select 3 or 4 responses that you marked with an * in question 2.

These responses most likely have to do with your core fears.

- 1.
- 2.
- 3.

There are two core fears that are the root of many other fears.

1. Fear of being controlled (of losing control of yourself and others).
2. Fear of losing connection/intimacy (being isolated from others and loneliness).

Most men are afraid of being controlled.

Most women are afraid of losing connection/intimacy.

When your core fear is triggered, a common reaction is to trigger the other person's fears as well.

If you complete this questionnaire with the person who was involved in the crisis situation, you will find that you were triggering each other's core fears. In this way, these fears will become recognizable.

But even if you complete this questionnaire on your own, it is possible to find a solution to end the fear dance