

FULL RESPECT LIVING TOOLKIT – THE ESSENTIALS OF LIVING RELATIONALLY

Adapted from Terry Real <http://www.terryreal.com/store/full-respect-living-tool-kit>

5. GO AFTER WHAT YOU WANT

This skill is about how to undertake an active, healthy pursuit of what you want. There are three practices that develop this skill: **Daring to rock the boat, making requests, and responsible distance taking/time-outs.**

YOUR PRACTICES

DARE TO ROCK THE BOAT

- ❖ In even the healthiest of relationships, getting what you want often involves assertively going after it. If something is important to you, and your partner doesn't "get it", you may need to **stand up for your wants and needs by fighting for them.** This means being willing to behave in ways that your partner will be uncomfortable with – like showing via your behaviour how unhappy you are about the issue, while remaining moderate and respectful, and not backing down. **Stand up for your wants and needs!**

MAKE REQUESTS

- ❖ Instead of focusing on what your partner has done **wrong**, discipline yourself to focus on what he/she could do now or later that would be **right**. Shift from a negative/past focus, to a positive/future focus.

TAKE DISTANCE RESPONSIBLY – TAKE A TIME-OUT

- ❖ In contrast to unilateral or provocative distance taking, responsible distance taking always includes two elements:
 - A: An explanation**
 - B: A promise to return or a proposed alternative**
- ❖ You don't simply say "I don't want to talk". You say "I don't want to talk **right now. Here's why, and here's when I can.** Remember this is your partner, remember love. Keep your eyes on the prize.
- ❖ Any time you say no to someone, you are **taking distance**, and should do it **responsibly**.
- ❖ If you need to distance yourself, explain **why you feel this** and **when you will be able to re-engage**.

