

FULL RESPECT LIVING TOOLKIT – THE ESSENTIALS OF LIVING RELATIONALLY

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

8. PRACTICE EMPOWERMENT

Empowering each other is about helping to give one another more of what each of you wants. You can learn to do this by the practices of **contracting** and **helping your partner to succeed**.

YOUR PRACTICES

CONTRACT

To contract is to make an **agreement** with your partner about a specific action, or in some cases to stop an action. Making explicit contracts **protects you**, the contractor, in two ways:

- ❖ Making it difficult for the other person to take a victim position, since she/he agreed to the contract.
- ❖ Making each other's expectations and commitments clear.

Contracts are always concerned with **behaviours**, not attitudes or feelings, and are best when they are **specific** and **time-limited**. An example would be: "I contract to wash the dishes after each time you cook for the next week. Then I'd like to discuss with you on the eighth day how this worked for you and me. Do you agree to do this?"

HELP YOUR PARTNER SUCCEED

Once your partner has responded by acknowledging and giving, you:

- ❖ Appreciate what you've been offered
- ❖ Ask what you might do to help them deliver

If your partner describes something you might do differently, it is now **your turn** to acknowledge and give what you can.

This is what's called working as a team. Relationship empowerment happens when two people work together as a team.

