

## Awareness Practice: Bumps and Upsets and Learning to Be Kind

1. Does your partner express hurt or angry feelings in a way that feels unkind to you?
  - ★ If so, then make a plan about how you are going to respond in the future. Think of a way that you can be all right and support them in feeling their feelings. Create a vision of how to handle painful feelings that feels positive and doable. This may involve separating until they rebalance.
  - 🌀 Discuss with your partner how you both want to handle hurt and angry feelings in your relationship, and create Joyful Solutions for how you will express them.
  
2. Does your partner habitually treat you in a way that feels unkind? Do they make fun of you, respond with disdain when you don't know something, or act harsh or bossy?
  - ★ Do they treat others that way? If so, you know it is a style of relating for them.
  - ★ Are there people they treat with respect? This might be a good model for how you would like to be treated by them. Discuss this with them and see if you can come up with a Joyful Solution together. If they don't change, you can remind them several times, but after that it may feel like nagging.
  - 🌀 When they are unkind you can make a Love Translation, reminding yourself that this is simply a habit both of you can change, rather than an intent to hurt you. When they say or do something unkind, you can apply the method used by exotic animal trainers:
    - Pause, so they know you heard them.
    - Don't reply or acknowledge them.
    - Continue what you were doing.
    - Respond warmly when they are kind.
  
3. If you find yourself being less than loving with your partner, see if there is something that needs to be resolved between you. If not, then focus on what is bothering one or both of you. If you can support the one who is feeling down and help them feel better, wonderful. If not, then it would be best for you to separate and for whoever is feeling down to use the Inner Feelings Care System or other tools to rebalance.

For gracefully negotiating bumps in your relationships, go to:

[SucculentWildLove.com/Bumps](http://SucculentWildLove.com/Bumps)