

Awareness Practice: Naming, Agreements & MicroTruths

NAMING (INSTEAD OF BLAMING)

Inner Critics

Do you have consistent thoughts that seem to be inner critics speaking (ways that you are undeserving, you are limited, or there is something wrong with you)? Can you name them for yourself?

Feelings

- 🌀 Write down or reflect on some things that you've discovered you really don't like doing.
- ★ Have you discovered anything new that felt good and you want to do more of?
- ★ Think of some situations where you were aware that you felt good or didn't feel good.
- 🌀 See if you can name what you were feeling in those situations more specifically. For example:

I felt (satisfied, excited, appreciated, passionate, loving, etc.) when

_____.

Or

I felt (sad, hurt, lonely, rejected, bored, etc.) when _____.

Interactions

1. Can you think of a situation when you were upset and the other person didn't understand why or what had happened?
2. Can you think of a situation when someone did something that felt uncomfortable and you were able to name what evoked discomfort in you and resolve it?

AGREEMENTS

1. Think of a situation where an agreement was being broken. (Do you feel you have to constantly remind your partner to do anything?)
2. Talk with your partner, exploring what they feel they “should” do (their inner critic) vs. what they genuinely want to do. Revise the agreement until you have one with their adult, Aware Self rather than with an inner critic. You will know you have done this when you don’t have to remind them to honor it.
3. Is your partner doing something again and again that you don’t like? Talk with your partner and create a Joyful Solution, or create one on your own.

TELLING A MICROTRUTH

Be aware of any small things that feel uncomfortable in your daily interactions. Make a conscious decision whether or not to share your MicroTruth. If you decide to do so, use the steps below.

Steps for Speaking Your MicroTruth

1. Use your Inner Feelings Care System first — expressing all your feelings to yourself first and tending to them lovingly. This will allow you to speak more kindly and lovingly, and with more awareness of the importance of everyone’s feelings in general.
2. Separate what actually happened from your fears about what it may mean.
3. Give yourself permission to know and speak your truth — in a Succulent Wild Love relationship you have the right to feel secure.
4. If you are talking with someone intimate in your life, tell them about MicroTruths and that your intent is to create Joyful Solutions.
5. Make a Love Translation — look for the desire for love behind the other person’s statements or actions.
6. See the rightness of their actions for them — acknowledge that they may not have the same values you do.

7. Imagine the scene you want — picture them responding positively to the way you approach them.
8. Approach them when they are open to communicating and there are no time pressures or distractions.
9. Approach them with the attitude of wanting to elicit their cooperation.
10. See if you've awakened inner critics in them or in yourself. If so, talk about the inner critics as separate from you and the other person. Separate what you each want from what the inner critics want.
11. Create a Joyful Solution — look for the essence and see if there is a wide variety of ways the goal can be met.

When You Tell a MicroTruth

- ★ Use “I” statements only: “I felt _____ when this happened. It would be easier for me if you would do or say _____ instead.”
- 🌀 If the recipient gets ashamed or flooded with feelings, stop, acknowledge this, and do Love Translations before going further.
- 🌀 Leave emotional room for the other person's reactions and responses and any residual feelings after you share a MicroTruth.
- 🌀 MicroTruth telling can feel messy, so be aware that it might not be received as neatly as you imagined.
- ★ Finish one MicroTruth before sharing another — don't stack them up or pile them on.

In many situations, you won't need to take time for all these steps. As you practice, you will also be able to take them more quickly. The key is getting to a place where you can speak your truth, knowing that it is an act of love and delivering it that way.

To find out even more about Naming, Agreements & MicroTruths, go to:

SucculentWildLove.com/Communication