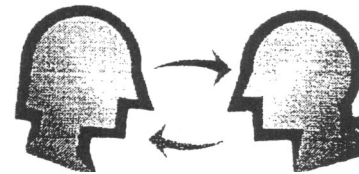


DEFENDING AGAINST THE TRUTH



When given the opportunity to employ the healing strategy of telling the truth. I defend by...

FIGHT

- Attack
- Blame
- Criticize
- Justify
- Interrupt

FAINT

- Get sick
- Get confused or bored
- Go blank
- Get sleepy
- Eat or drink (stuff it)

FLIGHT

- Get too busy
- Change the subject
- Deny there's a problem
- Dismiss issues as trivial or illogical
- Make a joke

FREEZE

- Stonewall
- Get analysis-paralysis
- Focus on minute details
- Intellectualize
- Going "above it all"

QUESTIONS TO FOSTER YOUR OPENNESS TO THE TRUTH

- What am I most curious about in this situation?
- What DON'T I know here?
- What might I learn from this person?
- What would upset me if it happened (or didn't happen?)
- How do I create an authentic and caring relationship with this person right now?
- What is the core theme, purpose or organizing principle in this conversation?
- How do I maintain my high energy level in this situation?