



LEARNING TO SPEAK THE MICROSCOPIC TRUTH

These sentences are intended to give you real examples of the shift from concealing to revealing. As you commit to speaking in a way that increases your vitality and creates connection rather than conflict, you may find these concrete interactions useful.

The Truth: That Which Cannot Be Argued About

- The most important reason for telling the truth is that it creates more vitality, creativity and choices.
- The cash value of telling the truth is that it stops arguments.

People often go through three stages in learning to speak the truth in relationships:

Stage One: Non Truth

Popular subjects of relationship conversation before learning to speak the truth:

1. **Blame** – “Who’s responsible for this mess?” “My life was great before you came along.”
2. **Who Said What** – “I specifically remember that you said last Tuesday that you would call if you were going to be late.” “No, I didn’t. I said that...”)
3. **Justifying and Being Right** – “Some of us might benefit from developing a little courtesy around here now and then. My first husband never left his shorts lying around the kitchen.”
4. **Racing for the Victim Position** – “If you had spent the day taking care of three sick kids you would understand why I ate the whole box of chocolate cherries.” “Hah, you’ve got it made just sitting home watching TV and eating chocolate. I had to put up with working eight hours to buy those chocolates.”

Stage Two: Half Truth

1. **Vague Labels** – “I’m feeling okay.” “I’m under a lot of pressure.” “I’m stressed out.”
2. **Explaining and Analyzing** – “I’m feeling kind of off because the atmospheric pressure is low and I slept wrong on my neck.”
3. **Negatives** – “I’m not feeling bad, I’m not feeling good, I’m not feeling much of anything.”

Stage Three: The Microscopic Truth

1. **Sensations** – “My neck is tight.” “I feel a knot in my stomach and my palms are sweaty.”
2. **Core Feelings** – “I’m scared.” “I’m sad.” “I’m angry.” “I’m excited.”
3. **Specific Thoughts/Imaginings/Interpretations** – “I just heard a raspy voice in my head telling me to shut up.”
4. **Familiar Patterns and Experiences** – “This tight feeling in my belly is like how I felt at mealtimes as a kid.”

Example Of Contrast Between Stage One And Stage Three:

“You never listen to me.” –vs.–

“I can feel my stomach getting tight as we talk.”