

Live Well Lifestyle Webinar Recap & Recording

August 18, 2016 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Perry A~

Topic: Communication: The Good, the Bad and the Ugly

For this session, Perry A~ was joined by her special guest, Judy Kaylor.

Give background:

Read *Conscious Loving* by Gay and Kathlyn Hendricks, then Katie came to Paris to give a weekend workshop, which began a twice-yearly commute from Paris to Santa Barbara to train as a Life Coach.

There is always something more to learn about communication but not everything resonates with everyone so take what works for you and leave what doesn't.



Jody Kaylor

I will be giving you a lot of practical, usable information and tools for all areas of life, working from the foundation up.

What communication is and defining relationship, the context in which this interchange takes place. I take a broad approach with these tools to include all relationships: Partners, family, friends, colleagues, food, sex, money, nature and most importantly, yourself. *That's* where it all begins.

Importance of your relationship with yourself.

- Language of internal communication
- Knowing your yes and no and expressing that
- Know your body's signals and ways to express
- Self talk: 60,000 thoughts per day, 95% repeats from day before, 80% negative

Albert Einstein quote "There are two ways to live your life. One is as if nothing is a miracle. The other is as if everything is a miracle."

- Quality of relationship with self depends on mindset
- Breathe deeply
- Create a daily flip-switch to self appreciation
- Bruce Lipton: 50 trillion cells in our bodies. They can do two things: protect and grow, but one do one of those at a time. Protect or grow. Contract or expand.

How you feel about yourself will be reflected back to you in your relationships with others. The unloved parts of yourself will show up until *you* love them. It's great when your lover loves you but it's really an inside job first.

Book recommendation: *Learning to Love Yourself* by Gay Hendricks.

Food for thought:

1. When we enter love relationships, it's common for each partner to want to change the other to be like them and this can establish separate camps. It can get into right/wrong, better/worse thinking vs. seeing each other as allies on the journey, remaining curious and opening to learning from each other throughout life.

Classic examples of this are one is always late/one is time conscious, or one is messy/one is tidy, or one is a big feeler/one is a big thinker. Deciding early on that you are together to expand your repertoire is beneficial to the health of the relationship.

2. We can have some form of cap or limit on how good we can stand things and can get uncomfortable when things go too well for too long. This is what the Hendricks' call the Upper Limit Problem. It is possible to expand your nervous system to raise your thermostat level for how good you can stand life and love to be!

3. Warning signs. The number one predictor for whether a relationship might not last is when one person has, or both have, an ongoing need to be right.

Dr. John Gottman calls these *other* warning signs the Four Horsemen of the Apocalypse of relationship: Criticism, Contempt, Defending and Stonewalling.

He also suggests maintaining a ratio of at least 5 expressions of appreciations for every critical comment you make.

Appreciation. Being present and available for connection, having awareness, beholding the other as a work of art and frequently expressing what you see and like and what inspires you. Use it on yourself, your beloved, family members, friends, colleagues and again, food, sex, money, nature etc. Marianne Williams quote: "Your willingness to look for the best in people will subconsciously bring it forth."

Not everyone has the same favorite ways to be appreciated so it's great to ask.

The Hendricks' have an appreciation challenge going on here:

<http://foundationforconsciousliving.com/appreciation/>

My short-cuts: Take 2 and Gimme 5.

3 Questions you can ask yourself when things get wonky again in any type of relationship. They are:

1. What feeling has not been felt?
2. What truth has not been expressed?
3. What agreement has been broken?

Unarguable truth

Good/Bad/Ugly

Aphrodisiac – Reveal, be responsive, turn toward bids for attention, don't dismiss the other's feelings

Turn off – WWP: Withhold, withdraw, project

Jody's YouTube video for decision-making and internal communication:

<https://www.youtube.com/watch?v=3KYjueDlyxY>

Jody's Web site: <http://www.jodykaylor.com>

Jody's articles on Your Tango: <http://www.yourtango.com/experts/jody-kaylor>

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