

FRIENDLY STRENGTH THEORY: HOW TO DEAL RESPECTFULLY WITH SELF & OTHERS



IS IT TRUE THAT “NICE GUYS FINISH LAST (OR FIRST)”? DO “ONLY THE STRONG SURVIVE”?

Have you been in a disagreement but surrendered your goals in order to avoid battle? Maybe you were brutal and need to always come out on top? Are you a Martyr or a Berserker? Choosing “Strong & Hostile” or “Friendly & Weak” were the only 2 choices in Primitive Conflict. **Consider Advanced Conflict Resolution:**

<p>GOAL: REMAIN IN THE FRIENDLY-STRONG POSITION *</p>		<p>FOLLOW STEPS BELOW IN ORDER OF A, B, C, D:</p>	
		<p>A: REALIZE YOUR OWN OPINION, NEEDS & VALUES</p>	
<p>C: ANNOUNCE (A) AND BE OPEN TO A REPLY</p> <p>D: HOW WILL I COMMUNICATE WITH YOU? WILL I CONSIDER YOU OK OR NOT OK?</p>		<p>B: WILL I SUPPORT OR ADANDON MYSELF (A)?</p>	
		<p>STRONG - “I’M OK”</p>	<p>WEAK - “I’M NOT OK”</p>
<p>I ACT FRIENDLY - MY EMOTIONAL MESSAGE IS THAT “YOU’RE OK”</p>	<p>I’M OK AND YOU’RE OK SAFE PROGRESS - WORKING TOGETHER TONE: TRANSMITTING WARMTH "US" & "I WOULD LIKE" LANGUAGE REQUESTING BUT NOT DEMANDING ASSERTIVE BUT NOT CONTROLLING TAKING TURNS TALKING, NO FLOODING EXPECTS MUTUAL POSITIVE OUTCOMES</p>	<p>I’M NOT OK BUT YOU’RE OK UNSAFE PROGRESS - YOU’RE THE BOSS TONE: TRANSMITTING SUBMISSION USING VICTIM LANGUAGE NOT REQUESTING, NOT TALKING SAINTLY BUT LOSING LIKE A MARTYR PERFORMING AND ABANDONING SELF EXPECTS SELF-LOSING OUTCOME</p>	
<p>I ACT HOSTILE - MY EMOTIONAL MESSAGE IS THAT “YOU’RE NOT OK”</p>	<p>I’M OK BUT YOU’RE NOT OK COMPETING - WIN OR ELSE IT’S A FIGHT TONE: TRANSMITTING INTIMIDATION USING "YOU" LANGUAGE (FAULTING) DEMANDING AND CLOSED-MINDED AGGRESSIVE AND CONTROLLING I’M TALKING, YOU’RE LISTENING EXPECTS SELFISH WINNING OUTCOME</p>	<p>I’M NOT OK & YOU’RE NOT OK CHAOS, DISTRUST, DESPAIR, ANGER TONE: DOUBT, RAGE, BLAME SILENT, OR UNCLEAR AND PANICKY UNTRUSTING AND INSECURE CONFUSED CONTROLLING NO TURNS TALKING, NO LISTENING EXPECTS DISASTROUS OUTCOMES</p>	

* WE HAVE THE RIGHT TO CALL NEUTRAL TIME-OUTS WHENEVER EMOTIONS BEGIN TO OVERWHELM EITHER ONE OF US, SO WE CAN SELF-CALM AND RESUME RATIONALLY. FRIENDLY STRENGTH HONORS YOUR VALUES WHILE EARNING THE RESPECT OF OTHERS.

GET OUR ARGUMENT FIXER APP TO HELP YOU: AVOID EMOTIONAL CRASHES, COMMUNICATE YOUR BOUNDARIES, & COLLABORATE FOR WISE RESOLUTIONS.