

# FULL RESPECT LIVING TOOLKIT – THE ESSENTIALS OF LIVING RELATIONALLY

Adapted from Terry Real <http://www.terryreal.com/store/full-respect-living-tool-kit>

## 7. RESPOND WITH GENEROSITY – HOW TO RESPOND

This skill is about being a **generous, responsive** and **mature listener**, which is a prerequisite to responding. Demonstrate your listening skills in two steps:

1. **Acknowledge all that you can** of what your partner has said. Help them feel better.  
Say “So this is your experience of it”. “Have I got the gist of it?”
2. **Give/acknowledge all that you can** of what your partner has asked for. Help them feel understood.  
Say: “Yes, I did that”, or “Yes, I did some of that”, or Yes, I certainly have done that in the past, so i can see why you’re concerned about it”

## YOUR PRACTICE

### LISTEN TO UNDERSTAND

- ❖ Remember, the speaker role and the listener role are two different roles. **As the listener, listen.** Focus on your partner and not on your rebuttals, explanations or concerns, either spoken or in thought. **Get curious, be smart.**
- ❖ Give your partner more of what she/he is asking for by asking yourself “What will giving this really cost me?” Things that aren’t difficult to give, but that mean a lot to your partner, will go a long way.

### MEET IMMATURITY WITH MATURITY

On those occasions when your partner is obviously operating from an immoderate, childish part of her/himself, **hunker down and stay moderate yourself.** Try two or three times to help your partner reseat her/himself in the circle of health/functional adult self. Say something like “Honey, I’m sorry. I didn’t really mean to put you down. What I meant was...” If, after a few such efforts, it becomes clear that they are simply behind a wall or not listening, politely and respectfully disengage by taking a time-out.

Terry Real speaks for four minutes on how to behave with maturity when your partner’s being a jerk <http://www.youtube.com/watch?v=skWXZmd5VX4>

### TAKE TIME-OUTS

When either partner calls a time-out by saying the words “**time-out**”, by **using the T hand signal** or by using any agreed-upon sign, the interaction must come to an **immediate stop**. The spoken or gestured signal is understood by both partners to be an abbreviation of the following words: “Dear partner, for whatever reason, right or wrong, I am about to lose it. If I stay here and keep this up with you I am liable to say or do something stupid that I know I am going to regret. Therefore I am taking a break to get a grip on myself and calm down. I will check back in with you responsibly in twenty minutes”. When reconnecting after a time-out, you must take a **twenty-four hour moratorium** on the subject that triggered the initial fight. The person who took the time-out is responsible for putting forward a time the next day when you can discuss this more calmly. This way issues are not avoided. If a particular issue always triggers, a time out, seek expert help. You probably won’t figure it out on your own.

Here’s a four minute video with Terry Real explaining **how to listen** <http://www.youtube.com/watch?v=kt5rE1UCfVk>

And **how to apologise** <http://www.youtube.com/watch?v=MA2Xt7GfCp4>