

# Take Responsibility for the Relationship

These guidelines are written for you as one partner in the relationship. Your job is to take 100% responsibility for how you listen and how you talk. If communication breaks down, think: what can I do differently.

**Listen so the other will talk**

**Talk so the other will listen**

## The art of listening

How you listen will influence how your partner talks. Your listening helps them open up to their life. It's an art. The art of visiting another world, learning another language and strange customs. You are a proactive being in their life. Take responsibility for how they open up to themselves, to you and to the relationship. Your listening is their healing.

*Cross the bridge*

Leave behind your judgements and critiques

Bring curiosity and an open heart

*If your partner is blaming*

Listen to the pain behind the blame

*If your partner is not opening up*

Develop an inviting stance and culture

*If your partner pushes you away*

Move away (like Judo). Take time to find a new way of being with them

*When you can't listen.*

Own it. "I need a break. I'll be back." Get help: books, YouTube, friends, a therapist.

## **The art of talking**

Take responsibility for how you talk. How you talk will influence how they listen. Its an art. Its the art of hosting a visitor in your world. Take time. Teach them your language and customs. Learn theirs. You are a proactive being in their life. Take responsibility to open up so they see you.

### *Invite your partner to listen*

- Be sensitive to timing , for you and them
- Begin with appreciations and gratefulness.
- Let them know type of communication you want
- Invite them over the bridge

### *If your partner does not listen the way you would like*

Take time to listen to yourself. Take time to find a new way to talk.

### *Reframe blame and criticism*

- When I see... (or hear)
- Then I think... (the story I tell myself)
- Then I feel... (e.g. angry, sad, scared, alone, vulnerable)

### *If your partner pushes you away*

Move away (like Judo) Take time to find a new way of being with them

### *When you can't listen.*

Own it. "I need a break. I'll be back." Get help, books, YouTube friends, a therapist.

<https://psyberspace.walterlogeman.com/wp-content/uploads/Take-Responsibility-for-the-Relationship.pdf>

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