

# Rupture and Repair of Relationships ... some rules

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## 1. Approach & Attitude

- a. I do not see the situation (or myself) accurately.
- b. I need your help to see more clearly.
- c. Neither of us are right; both of us have failed.

### *Matthew 7:1-5*

*1 "Do not judge others, and you will not be judged. 2 For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged.*

*3 "And why worry about a speck in your friend's eye when you have a log in your own? 4 How can you think of saying to your friend, 'Let me help you get rid of that speck in your eye,' when you can't see past the log in your own eye? 5 Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend's eye.*

## 2. Focus

- a. Name me, not you. (This will feel vulnerable if done well.)  
example: 'I feel disrespected.' vs. 'You disrespected me.'  
example: 'I don't believe you.' vs. 'You are lying.'
- b. It is always appropriate to talk about my hurt, my emotions, my needs, my disappointments, my desires, etc. ... for as long as I need.
- c. My job is always to bring myself in hopes that the other will see & respond with care & understanding.
- d. Can I express my desire without demanding it be met?  
Will I express my disappointment without punishing the other?

## 3. Goal

- a. I want to know and be known in this attachment.  
*"To be known is to be pursued, examined, & shaken. To be known is to be loved and to have hopes and even demands placed on you. It is to risk, not only the furniture in your home being rearranged, but your floor plans being rewritten, your walls being demolished & reconstructed. To be known means that you allow your shame and guilt to be exposed — or order for them to be healed." Dr. Curt Thompson, Anatomy of the Soul*
- b. I want my partner to see my wounds, so that I can receive care and offer forgiveness.
- c. I want my partner to see my failures, so that I can receive acceptance & forgiveness.
- d. I want the experience of feeling felt ... empathy, care, value.