

## Relationship Postures Part 2

### Transcript

00:00:05 Announcer

Are you tired of chasing perfection and always feeling like you fall short?

00:00:09 Announcer

There is a better way.

00:00:11 Announcer

Welcome to the pop coach life.

00:00:13 Announcer

With your host, Sharon Smaga.

00:00:15 Announcer

Where we are pursuing.

00:00:16 Announcer

The art of purpose over perfection.

00:00:19 Announcer

She's going to turn what you think you know on its head and help you discover a life filled with meaning.

00:00:25 Announcer

And joy.

00:00:26 Announcer

So buckle up, buttercup.

00:00:27 Announcer

Because here comes Sharon.

00:00:44 Sharon

Good morning.

00:00:44 Sharon

This is Sharon Smoka with pop coach life for pursuing the art of purpose over perfection.

00:00:50 Sharon

And instead of getting caught up in the little things that you think you mess up or that.

00:00:54 Sharon

Are your negatives.

00:00:56 Sharon

We're going to, we're going to overtime focus on the little things that are your strengths that make up who you are and help you pursue your purpose and your passion and what really matters.

00:01:07 Sharon

Today is Part 2 in the series on relationship postures, so I'm going to review those very quickly for you in case you missed the first video we're talking about relationship postures, there's.

00:01:19 Sharon

Four of them.

00:01:21 Sharon

It's a very concrete idea to kind of help you gauge and measure where you may be in a relationship that's making you uncomfortable or you're not getting the response you want from your partner and a way.

00:01:34 Sharon

To kind of think.

00:01:35 Sharon

About it gives you a framework to begin to consider.

00:01:38 Sharon

What the needs and struggles are so the four postures are one you count.

00:01:43 Sharon

I don't.

00:01:44 Sharon

If you missed it, you can go back.

00:01:46 Sharon

And watch that video.

00:01:47 Sharon

That was the first one. Number two, that we're going to cover today is I count. You don't count #3 is. I don't count. You don't count. And #4 is I count you count.

00:02:00 Sharon

Obviously we are striving for #4 in our relationships where there is the most value add and the most shared respect and admiration.

00:02:11 Sharon

So last week we talked about 1:00.

00:02:15 Sharon

Today is 2.

00:02:16 Sharon

I count you don't count and I'm going to talk about problems that come with that as well as what's the reward.

00:02:27 Sharon

All behavior has a reward.

00:02:29 Sharon

Whether aware of it or not.

00:02:30 Sharon

We claim the behaviors.

00:02:33 Sharon

Behavioral theory says there's some sort of pay off in that whether we know it or not.

00:02:38 Sharon

And so we tend to hold on to that.

00:02:40 Sharon

And so there are rewards in all behavior.

00:02:43 Sharon

Whether we like the bigger results or not.

00:02:46 Sharon

And then talk a few a.

00:02:49 Sharon

Little bit few ideas.

00:02:50 Sharon

Excuse me about how to make some.

00:02:53 Sharon

Change if you're.

00:02:54 Sharon

Ready to do that?

00:02:56 Sharon

How to consider leveraging some change to move toward a healthier relationship posture?

00:03:01 Sharon

So the problems.

00:03:03 Sharon

That come with engaging and with someone else from a point of eye count you don't count is I'm going to you.

00:03:10 Sharon

I'm going to alienate other people.

00:03:12 Sharon

I'm going to alienate relationships.

00:03:14 Sharon

I'm going to shut people down.

00:03:17 Sharon

I often aren't using people.

00:03:20 Sharon

I'm going to minimize your needs.

00:03:23 Sharon

I'm putting self above relationship and So what happens is instead of feeling that connectivity and intimacy and safety and security, that relationships can give, this posture actually is destructive to that.

00:03:41 Sharon

I sacrifice a genuine emotional connection that I.

00:03:44 Sharon

Need is what that?

00:03:45 Sharon

Boils down to the reward, I think is a false sense of.

00:03:50 Sharon

Confidence or status?

00:03:51 Sharon

So you know, maybe I don't really have confidence or value for myself in the right way.

00:03:59 Sharon

So the only way I know how.

00:04:00 Sharon

To feel that.

00:04:01 Sharon

Is sort of by putting you in your place or.

00:04:05 Sharon

Thinking I'm better than you or stepping on you.

00:04:08 Sharon

A little, a little bit or a lot.

00:04:11 Sharon

I get a sense of control.

00:04:13 Sharon

These people tend to really like control, right?

00:04:16 Sharon

I don't have to own my stuff and I get to dump my feelings on other people.

00:04:22 Sharon

So when I engage with somebody who comes from the standpoint, I often experience it almost like they're just.

00:04:31 Sharon

Dumping their stuff all over me and then walking out of the room and I kind.

00:04:36 Sharon

Of feel like I need to take a shower.

00:04:38 Sharon

Pastor like, I'm just like, uh, I just.

00:04:41 Sharon

Feel like it's all over.

00:04:42 Sharon

Me and that is not an indicator of somebody handling their own stuff emotionally.

00:04:49 Sharon

Another reward is avoiding responsibility for self and mistakes.

00:04:54 Sharon

So I'm talking about somebody who's genuinely confident, and I know that that can be a little annoying, but somebody who's genuinely confident can genuinely.

00:05:04 Sharon

Acknowledge a mistake when they see it, or it's brought to their attention.

00:05:08 Sharon

Somebody coming from this posture just refuses to be wrong.

00:05:12 Sharon

They refuse to see the mistake.

00:05:14 Sharon

They refuse to acknowledge.

00:05:16 Sharon

The impact it has on the other person and this can get really out of control to the point where you know they're belittling the other person for being harmed by their bad behavior.

00:05:29 Sharon

So that's something.

00:05:30 Sharon

To think about too.

00:05:33 Sharon

If you connect with this.

00:05:36 Sharon

And you feel like you're really ready to see this and you just don't know what to do.

00:05:43 Sharon

You're kind of befuddled.

00:05:45 Sharon

Some suggestions I have for making change are actually very similar to recommendations I made for the posture 1.

00:05:53 Sharon

And that is to explore and develop a stable.

00:05:56 Sharon

Sense of your own value and worth.

00:06:00 Sharon

Know who you are.

00:06:02 Sharon

Develop self-awareness.

00:06:05 Sharon

So awareness of your own thoughts and feelings, but also for this, if you're in this type of posture, awareness for how your behavior is impacting the other person, this is really, really important in my opinion.

00:06:20 Sharon

For posture too, you need to understand and be willing to see the impact of your behavior on the other person.

00:06:27 Sharon

I'd encourage, learn and implement healthy boundaries for self.

00:06:31 Sharon

And instead of violating other people's boundaries to feel like you have one, I think with this posture, you know, the tendency is to push through and invade other people's boundaries, and that gives you a false sense of boundaries, when really what you're trying to do is exert control and you're violating the other person's boundaries.

00:06:52 Sharon

Often chronically.

00:06:55 Sharon

And then I would.

00:06:55 Sharon

Say speak out of self respect.

00:07:04 Sharon

But let me add a little bit to that.

00:07:06 Sharon

Let me kind of titrate that down or that might not be.

00:07:09 Sharon

The right word.

00:07:11 Sharon

Speak out of.

00:07:12 Sharon

Self respect but.

00:07:14 Sharon

Speak out of mutual respect.

00:07:18 Sharon

It's got to be respect for the other person in equal measure to self, because I think this is part of your struggle.

00:07:25 Sharon

If you're in relationship posture too.

00:07:30 Sharon

Speak out of mutual.

00:07:31 Sharon

Respect instead of dominance, the other thing I would encourage if you're struggling in this posture and you're ready to make change is.

00:07:41 Sharon

You're probably kind of naturally a really powerful presence or person.

00:07:46 Sharon

And there's nothing.

00:07:47 Sharon



Wrong with that.

00:07:48 Sharon

If it's got healthy boundaries and you're it's not destructive.

00:07:51 Sharon

But if you're struggling with this, use your power.

00:07:54 Sharon

I want you to think about using your power to protect instead of control.

00:07:59 Sharon

So instead of exerting control for you to feel safe or good or more than or better than, you can take that power and channel it into being protective in a right way.

00:08:13 Sharon

Of other people.

00:08:15 Sharon

Be very careful if you're struggling with this.

00:08:19 Sharon

Do not confuse your controlling behavior with.

00:08:25 Sharon

They're not the same thing.

00:08:27 Sharon

So that's something you might want to give some.

00:08:29 Sharon

Real thought to.

00:08:30 Sharon

I hope this has been helpful.

00:08:32 Sharon

This is some feedback on posture 2.

00:08:36 Sharon

The next videos will be for posture 3 and four and let's see where we get with that if there's.

00:08:43 Sharon

More material I think might be some good feedback across the board for everybody. I'll either add it to video four or I'll do 1/5.

00:08:51 Sharon

Video, but for now, there's your posture 2 the I count and you don't count.

00:08:58 Sharon

The problems with it, the rewards you get from it and ways to change it if you're ready to move toward a healthier relationship posture with the people in.

00:09:05 Sharon

Your life.

00:09:05 Sharon

I hope it's been helpful.

00:09:06 Sharon

This is Sharon Smuga.

00:09:08 Sharon

With pop clutch.

00:09:09 Sharon

Life where we're pursuing purpose over perfection.

00:09:17 Announcer

We've been listening to the pop Coach Life podcast to catch all her past shows. Go to [www.popcoach.life](http://www.popcoach.life).