

Relationship Postures Part 4

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.

00:00:42 Sharon

Hey, guys.

00:00:43 Sharon

Welcome back.

00:00:43 Sharon

This is Sharon Smogon with purpose over perfection.

00:00:48 Sharon

Check out my website [pop coach dot life](http://popcoachdotlife.com) pop is just short for purpose over perfection.

00:00:54 Sharon

And I thought it sounded kind of catchy.

00:00:56 Sharon

So I hope you've been listening to this series.

00:00:58 Sharon

I'm doing the short series on what we call relationship postures.

00:01:02 Sharon

And if you're listening to this and this is the first time you've heard it, I'd encourage you go ahead and go back.

00:01:09 Sharon

There's three videos before this one because there are four postures altogether, and today is my favorite one.

00:01:18 Sharon

Relationship postures are very simple, concrete ideas of different ways we engage in relation.

00:01:24 Sharon

Ship posture one is you count.

00:01:26 Sharon

I don't count posture 2 is I count.

00:01:30 Sharon

You don't count.

00:01:31 Sharon

Posture 3 is I don't count.

00:01:33 Sharon

You don't count.

00:01:35 Sharon

We've talked about those again in the the prior podcast and so have a listen if you have listened to them, you kind of know these really aren't the healthiest way to engage in relationship.

00:01:46 Sharon

They come with some problems.

00:01:47 Sharon

They also come with some perceived rewards that can make it hard to.

00:01:52 Sharon

Break out of them.

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But now we're on.

00:01:55 Sharon

#4 and so this is not geared toward this is what we've got to fix as much as this is what I call the goal posture.

00:02:04 Sharon

So we're all we're all struggling with the stuff, but if we understand posture 4, we now have something that we're working and moving toward that can be really helpful.

00:02:15 Sharon

Posture 4 looks a lot more like this, and again it's I count U count.

00:02:21 Sharon

So we're saying in this posture we recognize we both have equal value in the relationship.

00:02:29 Sharon

So what can what comes along or tends to be part of this kind of relationship?

00:02:34 Sharon

If you've experienced it or you know somebody and you can kind of see this in their relationship, that will help you label it more in these kind of relationships or in this posture, there is a mutual respect.

00:02:48 Sharon

And value.

00:02:50 Sharon

Mutual respect and value.

00:02:53 Sharon

There is a sense of self for both.

00:02:56 Sharon

So kind of that idea of knowing who I am in the room is what I call it.

00:03:00 Sharon

Know who you are in the room, so we need to bring a sense of who we are as a person.

00:03:06 Sharon

That sense of wholeness, into relationship.

00:03:11 Sharon

We encourage and cheerlead one another.

00:03:13 Sharon

We will also challenge each other and by I don't mean negatively or put each other down or.

00:03:22 Sharon

Compete with each other in a negative way.

00:03:25 Sharon

We don't want to do that.

00:03:26 Sharon

That can be really damaging to intimacy.

00:03:29 Sharon

But we aren't afraid to challenge each other to to get each other to move a little or to share a discomfort, something we don't like, or to share something, a gift we see in the partner that we think.

00:03:43 Sharon

They would be good at and we challenge them maybe to grow into that or consider that.

00:03:50 Sharon

We will hold healthy expectations, so healthy expectations.

00:03:56 Sharon

I mean, I don't just accept everything that comes my way.

00:04:00 Sharon

I speak up.

00:04:00 Sharon

If I feel like I need to and you have room to speak up if you feel like I've crossed the line with you and and we don't expect each.

00:04:08 Sharon

Other to meet.

00:04:09 Sharon

Every single need we have that is not healthy, no relationship can do that.

00:04:14 Sharon

So if that one resonates with you, you're kind of expecting everything from your partner, that one person and you.

00:04:20 Sharon

Your life and you're wondering why they're not meeting that.

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It's because they they just can't.

00:04:26 Sharon

None of us can.

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That's probably a whole nother podcast subject or blog discussion.

00:04:32 Sharon

So healthy expectations we can speak up for ourselves without putting the partner down so I can speak up, but I'm not going to put you down to be heard.

00:04:42 Sharon

Or to use my voice in a positive way and I leave room for you to also speak up, right.

00:04:52 Sharon

As long as you're not putting me down.

00:04:55 Sharon

And and and doing it with respect, I think these relationships definitely have a higher level of communication and by communication, I don't mean fighting per say, I mean effective communication where the connection happens and we can work stuff out, we can problem solve, we can strategize, we can.

00:05:15 Sharon

Label the things we might need to do some repair on or make change.

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And we're able to talk those things through without getting and shutting down, whiling out yelling and screaming.

00:05:29 Sharon

Those kinds of things.

00:05:30 Sharon

So a higher level of communication, effective communication, I think we're in these relationships, we're able to negotiate and compromise.

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It's much easier to give deference in a healthy way.

00:05:41 Sharon

Because if.

00:05:42 Sharon

We're treating each other with respect.

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We're not fighting to feel respected.

00:05:46 Sharon

So it's a lot easier to negotiate, compromise and even just be deferential at times, right?

00:05:53 Sharon

I don't have to make every little thing a big deal that it be my way in this kind of relationship.

00:05:59 Sharon

I'm much more.

00:06:03 Sharon

Letting go of some of my preferences maybe.

00:06:07 Sharon

I think we're able to in these relationships, celebrate strengths and differences.

00:06:12 Sharon

You know those differences, the things that may be really attracted to you if we're talking about a love partnership to that partner, you have 10 years later than the things that drive you up a tree and we all get that this happens.

00:06:25 Sharon

The trick is in this kind of relationship.

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This posture you're able to still celebrate that you're able to recognize it may not always work in your favor the exact way you would prefer.

00:06:36 Sharon

But you're still able.

00:06:37 Sharon

To step back and say, wait a minute, I appreciate that about you in my life.

00:06:41 Sharon

I appreciate that difference.

00:06:43 Sharon

I don't have to have it all go my way and absolutely that we would celebrate each other strengths and encourage one another to grow out of those strengths, develop out of those strengths.

00:06:57 Sharon

In many ways.

00:06:59 Sharon

I also think here we have genuine positive regard.

00:07:03 Sharon

So in the other relationship postures, it was maybe more about control or just giving up self to feel close.

00:07:12 Sharon

In this one we have this genuine positive regard and we don't need to control, we don't need to give up self to be.

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Feel close and connected.

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We get to really, truly appreciate one another.

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We respect each others boundaries, so we have healthy boundaries. We work on having healthy boundaries and part of that is respecting each other's boundaries. Instead of bullying each other, punishing by silence, disconnecting. We actually respect it, and we want to learn about our partners.

00:07:46 Sharon

And the final one I've got here in my notes that I think is a a big one and a nice one to kind of wrap this up with is we're safe to express our feelings, wants and needs.

00:07:59 Sharon

And I want you to think of that idea of safety, emotional and physical, psychological, spiritual safety where I can express, not demand that you give in and meet them, understand them.

00:08:11 Sharon

But I simply have that safety to express how I feel, what I want, what I prefer, what I feel like I might need in the relationship.

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And that again, circles back beautifully to the one where we talked about the the ability to negotiate and compromise it because we have that high level of communication.

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So that sort of gives you an idea.

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Of what this posture looks like, the I count you count.

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I think it's, you know, there's so much in this we could talk about.

00:08:40 Sharon

But I think this is a really nice kind of intro in a way to consider it.

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I'd encourage all of you if you're listening, think.

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About your different.

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Relationships and where you're at and be honest.

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I had a period of time where it was one of my children.

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I felt like, without realizing it, I had kind of gotten into this account.

00:09:01 Sharon

You don't.

00:09:02 Sharon

Because I'm the parent, I'm in charge and I'm not saying I don't have authority.

00:09:06 Sharon

I have authority as a parent, but I think the way that I was engaging was harmful in some ways because I had gotten into this.

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Out of balance, kind of unhealthy relationship posture because I didn't know.

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I didn't understand.

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I didn't know what to do instead.

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Now I can see that through posture for and say OK well, wait a minute.

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You know, I might still have that author.

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40 but I can still engage in this posture.

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Without giving up.

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My parental authority.

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So even if you're thinking about stuff with your kids, coworkers, a boss, this applies.

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These postures apply to every relationship you have as a way to start thinking about where you're at and then where do you want to go with it.

00:09:49 Sharon

And I gave you some suggestions in the prior ones how to move towards relationship posture for.

00:09:56 Sharon

So again, if this is your first time listening, you might want to go back to those and have a listen.

00:10:02 Sharon

And I really thank you for your time and listening.

00:10:05 Sharon

I hope this is really helpful for you.

00:10:07 Sharon

It's been a game changer in my life as a tool that I can apply every day in my life, in my relationships, and it's much more satisfying.

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It ultimately gives us what I would call.

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Master Ford gives us what?

00:10:24 Sharon

I would call genuine intimate connection.

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Which is really.

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What we're seeking, so that's another way to say intimacy.

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But intimacy isn't just a lot of people think intimacy is about sex or whatever.

00:10:36 Sharon

I'm talking about that.

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Intimate connection that heart to heart, mind to mind.

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The connection of presence.

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Just being there for one another.

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Being able to share our feelings, thoughts, fears, insecurities, our hopes, our dreams.

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All this stuff right that we all need.

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And we're often very afraid of.

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So posture for account.

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This is how we get to that genuine intimate connection and it gives us some guidelines around what does that look like?

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So maybe you don't have to be afraid.

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To approach this, if you're drawn to it but you're a little afraid of trying to work toward posture, for this has been Sharon Smaga with pop coach life.

00:11:20 Sharon

Thanks for listening, and I hope you all have a great day.

00:11:23 Sharon

Bye bye.

00:11:29 Announcer

You've been listening to the pop Coach Life podcast to catch all her past shows. Go to www.popcoach.life.