



Week 4 – How to deal with negative people - Guest speaker – Angela Myer

Review:

- Have you noticed your top values play out as a theme in your life this week?
- Have you done any work with cord clearing this week?
- Did you notice anything different about how ethics, boundaries or communication played out in your week?

Guest speaker: Angela Myer, 'The Undetected Narcissist' – Speaking your truth.

See handout for note taking

Hands-on – reminder to clear ourselves before touching others

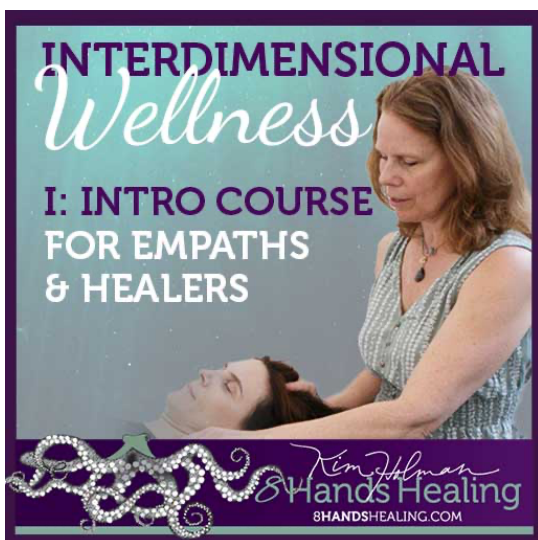
- Self awareness – Grounding/clearing ▪ Setting the intention – Clients and yours – time limit?
- Physical, mental, emotional, intuitive intelligence – hands-on practice

Homework:

- Practice speaking your truth
- Notice what thoughts comes up when you want to but can't. What do you notice in your body? How does that feel emotionally to you?
- When you do speak your truth, how does it feel.

Next week:

Recognizing disassociation and how to re-associate





The Undetected Narcissist

WRITTEN BY ANGELA MYER

Topic: Speaking Your Truth: How to gently speak your truth when others around you do not like change

Summary: Effective communication is key to any lasting relationship. It can be challenging because this course can and will change you. Some people might embrace your new found skills, abilities, and insights. Others might hold you back, fear your new sense of self-empowerment, and try to suck you back into the box of comfort and conformity. How can you effectively and compassionately speak your truth? How can you stand in your truth, set healthy boundaries, and still thrive in life when you are dealing with difficult people?

Key Definitions to remember when dealing with difficult people:

What is triangulation? The act of using a third party in a conflict to make the narcissist appear as either the victim or savior. The narcissist might turn someone against you, gossiping so you appear to the abuser, and they are the victim.

What is gaslighting? When someone undermines and makes you question your own judgment, sanity, and reality. They might lie and use false information. They might deny and project their issues upon you.

What is splitting? Splitting is all or nothing thinking. There is no let's agree to disagree. It is black and white.

What is deflecting? Deflecting is when someone hurts your feelings, and they spin it around. Now they are hurt by you expressing your feelings and their feelings matter more than your own.

What is blame shifting? An act of avoiding responsibility for an act of wrongdoing.

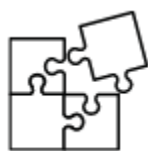
What is projection? When someone projects their own feelings, actions, or traits onto someone else. They will blame the victim and deny accountability. If they lie, you are the liar. If they are being childish, you are immature.

Tools to Keep your sanity and newfound SELF:

1. What is your proposal approach? When dealing with difficult people, you might discover that they are NOT solution oriented, they do not take responsibility for their actions and behaviors, and they can get stuck in blame. All they want to do is argue and blame. A quick trick is to present them with a proposal.

Preparing Proposals: In some situations, it helps to prepare proposals in advance, and it is best to write them down. You can consult a friend, family member or professional to stay focused on problem solving, rather than blaming. It is always good to learn to ask questions. This is part of the Big Shift.

Make a list: Make a list of solutions focuses and shifts people into their problem-solving brain, rather than their defensive brain because writing uses the left brain. You want to have at least 3 solutions written down.



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What if their proposal doesn't go anywhere? First you need to “deconstruct” their proposal. This involves asking questions about their proposal, including what it would look like. With this knowledge you can say, “It seems like what is most important to you is such and such. Is this correct?” Then you can explain what is most important to you. If it is not correct, you can ask, “What would be the more accurate description of your concerns because I want to better understand you.”

You do NOT want to be responsible for his or her decision, because you know they will blame you for it later. It must be their decision and responsibility. That is why you want to focus upon it being their own “personal choice”. Review the two or three proposals and stress that it really their own personal choice. In the end, you want to say that you respect their decision and thoughtfulness in making that choice.

2. What is BIFF communication? BIFF stand for brief, informative, friendly, and firm.

3. What is the sandwich approach? The sandwich approach is the bread is the positive and the middle is the issue. You want to always communicate using “I statement”, instead of YOU statements that come off as blame, shame, disappointment, or any other list of negative emotions. People shut down and will not listen to you when they feel attacked. You can use a “You Statement” when it is backed with a positive statement. Let me give you an example because at first this can be challenging to master.

Example: Let's say I got into a fight with my son because he is lazy at times and does not want to become more independent. He relies on me do everything for him. Here is how I would communicate with him without making him feel bad about himself, calling him lazy, or starting an argument.

Sam, I am so proud of your newfound independence. You have really started to impress me. I appreciate how you have stepped up and are now showering on your own without me having to remind you. You have been putting your dishes in the sink, taking better care of your personal hygiene, and going to bed on time. It makes me feel so good inside to see the efforts to be more independent. I was wondering if you wanted an allowance. I could really use your additional support around the house, and I would like to pay you \$5 a week for doing your own laundry. This would be a good life skill to learn, and I know it can give someone a great sense of pride and accomplishment. Your sister did and I know you could nail it! What are your thoughts? We can start this week or next.

Then end with some positive statements to re-enforce the newfound proposal of change.

4. Why is it best to say...let me think about it: When you are faced with making a decision and you know your knee jerk reaction is to say YES, when you really want to say NO, it is best to say, “Let me think about it.” For example, “Let me think about it more. My day has been busy, and I need more time to think about it when I am not in a rush”. Or, “Let me think about it. I want to make sure I am available. I need to check my schedule.”



Speaking your truth

1. What is blame shifting?
2. What is deflecting?
3. What is projection?
4. What is your proposal approach?
5. How do you prepare a proposal?
6. What do you do when the proposal does not work?
7. Should you take responsibility for their decision? Yes / No
8. What does BIFF stand for?
9. What is the sandwich approach?