

Delphi: Self Assessment



Led by	Reflection Freenote
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INTRODUCTION

Our topic tonight is **Anger as a hidden poison in relationships**.

Anger is a primal emotion and is along with Fear the most physiological arousing of the primal emotional responses. These physiological reflexes define our maximal organismic potential for survival when this is acutely threatened. Such challenge has, for most of our evolutionary history, been a normal part of day-to-day living. In modern life, however, accurate attachments for these reflexes do not exist. We may seek them out as individuals (bar fights for example). But the vast majority of us do not.

The midbrain does not go “offline” however and attaches its functions to what is available. With anger blood flow changes in the brain, with the midbrain getting more, and the neocortex getting less. Thus, we actually become intellectually more primitive creatures during moments of intense arousal. This is why anxiety impairs performance of complicated tasks preferentially.

Math anxiety is the chief academic phobia, for example, as math least well accommodates this decrease in neocortical function. Many people suffer from test-taking anxiety, in which they are prepared, but “go blank” during the test. But the most significant impairment to the quality of modern life is generally found in our primary relationships. In general when survival reflexes focus on modern circumstances they misperceive preferences for necessity.

In day-to-day domestic relations we become highly aggravated with each other over the mismatch of minor habits. There are even certain normative gender differences that come up over and over in counselling. So while some women are tall and some men are short, on average men are taller. So while some women are messy and some men are neat, on average men are messy. Couples often have ongoing conflict over whether the house is messy or neat, and who will tend to that little detail.

While we all might agree that this is not life and death, many of us will never the less feel and act as though it is worth fighting with the most important person in our lives about. So for women, the preference for having the house tidy seems as though it is a necessity which they must either do themselves or somehow get the man to help with.

So for men, the preference for not picking up and cleaning things and watching the ball game instead, seems as though it is a necessity of life and a source of unending angst should it be trifled with.

So while some women are early and some men are late, on average women like to make sure they have everything they may need (even if that makes them chronically late) and men want to be on time (even if it means they didn’t get that pesky shower in).

So for women the preference for having things together properly is often worth fighting about, as is the preference for men to get out of the house “on time”.

Of course, in truth and reality, none of that matters much at all. We all have examples of these sorts of things on a daily basis if we look for them, Mostly we don’t though. Mostly we tend to convince ourselves that whatever



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preference we have is indeed extremely important, if not morally sacrosanct, and the misguided notions and habits of others worthy of a righteous indignation.

Until, or course, occasionally something really serious happens Our loved one becomes gravely ill, or has a major accident, or dies. It is often only when actual life and death realities intrude, rarely, that suddenly the “scales fall from our eyes” and we see clearly, if briefly, that our firmly held preferences were utterly unimportant all along.

In having missed smelling the roses when they were blooming we find ourselves recollecting with melancholy and repeating again this ancient cliché.

- ≈ So are you aware of angry disgruntlements in day to day living with your loved ones?
- ≈ Do frustrations intrude on enjoyment of relationship?
- ≈ If you manage such things well, how do you manage negativities?
- ≈ And how do you infuse your relationship with joy?

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DISCUSSION:

- [16:42] Jen Dix: people in relationships get angry? ;)
- [16:42] Thoth Jantzen: one question: I understood that anger was often mixed with or generated by 'fear' on some level. is anger really then 'primal' or just unleashes or is unleashed by more primal things? For example, the 'fight or flight' reflex - fighting doesn't always involve anger.
- [16:44] Reflection Freenote: Thoth, typically, one has to learn to fight without anger
- [16:44] Thoth Jantzen: yes.
- [16:44] Reflection Freenote: to fight really well, you do need to do that, but most of us do not make an art of it
- [16:44] Thoth Jantzen: but apart from that, how is anger related to fear - or generated?
- [16:45] Reflection Freenote: well with the gender examples above Thoth, a thought process goes something like "OMG, am I never going to be able to just sit here and watch a ball game ever again?!!!"
- [16:45] Reflection Freenote: so yes, there is often a fear associated with the anger
- [16:46] Jen Dix: there's a lot of fear I think related to anger
- [16:46] Reflection Freenote: or, it can be a violation of some norm that I think is enormously important, such as in road rage, when someone does something which I consider wrong, and I set out to correct them
- [16:46] Jen Dix: fear that my volition is being or will be encroached on is a big fear of mine that expresses itself in anger
- [16:47] Wytchwhisper Sadofsky: sometimes when people are afraid they lash out in anger to protect themselves
- [16:47] Reflection Freenote: yes, Jen, I think we often have some symbolism of being "trapped" involved, which is very primal
- [16:47] Jen Dix: so expectations that I will do something every day is really a fear that it will limit my ability to follow my own will
- [16:47] Marya Blaisdale: I was just thinking, a lot of that anger against one's partner seems to me to be misdirected or based on faulty reasoning, but something that people do so very much - for example, if one partner has certain expectations in life and 'expects' the other to satisfy those expectations, when the other does not perform to those expectations, that person becomes angry at them, instead of taking responsibility for satisfying their own expectations (ie: placing the responsibility for oneself on someone else, and then becoming angry or blaming the other to draw attention away from their own inability or lack of interest in doing the deed themselves)
- [16:47] Jen Dix: yes trapped
- [16:47] Reflection Freenote: yes, wytch, it is often seems as self-defense
- [16:48] Reflection Freenote: yes, marya, absolutely
- [16:48] Reflection Freenote: when habits clash (as they always do), it is so hard to change my own, that I naturally, and without thinking about it, tend to insist that the other person change their habits in order to solve the problem
- [16:49] Marya Blaisdale nods
- [16:49] Thoth Jantzen: well, it is a bit of a balancing act. u need to be careful. some expectations ARE reasonable, some not. and it's not always easy to tell.
- [16:49] Wytchwhisper Sadofsky: so if u remove the fear wouldn't u remove the anger like if the fearful person expressed those fears an those fears were proven to be unwarranted?
- [16:49] Reflection Freenote: of course the only person whose habits I have any direct control over is myself. But we are often pointing fingers at each other and at someone who is not likely to do the hard work of changing habits because I am pointing my finger at them and demanding it
- [16:50] Reflection Freenote: Thoth, expectations are theories about reality and the future. When they bump up against reality, and are violated, it is often the theory, rather than the reality which is wrong
- [16:50] Jen Dix: Thoth, I completely agree that it is hard to tell what is reasonable to demand and what changes of my own are healthy to make. I feel like I lose the frame of reference sometimes.

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[16:50] Wytchwhisper Sadofsky: but relationships are about compromise so u both try an change an grow as the relationship develops

[16:51] Reflection Freenote: yes, Wytch, exactly, if people can talk calmly about these realities, it tends to defuse the issues and create mutual understanding. Although it can be really hard to talk calmly about these things

[16:52] Marya Blaisdale: Yes indeed Wytch, but methinks when there is too much compromise on one person's part and not enough on the other, this is yet another cause for anger/resentment - probably one of the more common reasons for breakdowns in relationships

[16:52] Wytchwhisper Sadofsky: well not at the time maybe but after the disagreement when u both calmer u can

[16:52] Reflection Freenote: yes, whytch, about compromise

[16:52] Sunshine Bernard: what's the answer to that then, how does one get their partner to talk calmly

[16:52] Jen Dix: or talk at all ;)

[16:52] Sunshine Bernard nods her agreement

[16:53] Wytchwhisper Sadofsky: well u gotta reach out an hope they meet u halfway

[16:53] Chester Dickens: Many people put roles upon the other in which they expect them to fulfil and if those roles are not met...then the other gets angry. Perhaps that is the root of it all, you might not be what the other would like you to be.

[16:53] Reflection Freenote: sunshine, I think it has to do with focusing on the mechanics of the communication rather than the content of the discussion. This is the issue I see people consistently missing.

[16:53] Chester Dickens: I think so much resentment builds when the other person isn't meeting expectations. Even if the expectations are completely unrealistic. One of our problems had to do with traditional gender roles that had been ingrained

[16:54] Reflection Freenote: so, things like, "I think we are getting a little upset about this now, maybe we could calm down a little, or come back to it a little later"

[16:54] Sunshine Bernard: I agree that anger is a fundamentally primitive emotion

[16:54] Sunshine Bernard: there has to be some way to deal with it effectively

[16:54] Marya Blaisdale: Do agree with that Chester

[16:54] Wytchwhisper Sadofsky: yeah but if u love someone unconditional u love them regardless u just love them 4 who they are good an bad

[16:54] Reflection Freenote: right Chester, and at root for a healthy relationship each person does need to be able to define their own personal space and autonomy with assertiveness

[16:54] Sunshine Bernard: yes of course but, one cannot stay in a relationship that is ruled by anger

[16:54] Thoth Jantzen: there are different types and degrees of anger tho, for example, frustration is one common one in relationships.

[16:55] Sunshine Bernard: common in any relationship

[16:55] Thoth Jantzen: and that is often, I think, generated by 'role failures' - perceived or actual, and on the part of oneself or the other.

[16:56] Sunshine Bernard: my idea of what they should be doing?? Is that role failure?

[16:56] Reflection Freenote: well, Wytch I am like that with my children, but not like that with other adults, actually. I tend to demand that certain basics of respect be accepted

[16:56] Reflection Freenote: yes, Thoth, I think frustration may be almost a daily sort of anger for most of us, and so one of the most important

[16:57] Sunshine Bernard: perhaps accepting that we are powerless over others and their actions

[16:57] Reflection Freenote: I think, that in a perfect relationship, one does not have expectations for the other person, that they do not entirely agree with Thoth.

[16:57] Sunshine Bernard: not sure how that would work

[16:58] Thoth Jantzen: I think ANY relationship has expectations, Ref, with humans; even a minimal one of expecting affection from your partner

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- [16:58] Sunshine Bernard: nods; yes, I agree
- [16:58] Wytchwhisper Sadofsky: I think if u have expectations u need to voice them because not everyone has expectations
- [16:58] Thoth Jantzen: would u go into or maintain a relationship where that wasn't an expectation?
- [16:58] Sunshine Bernard: I think they are voiced in the wedding vows quite nicely
- [16:58] Reflection Freenote: yes, but expectations/demands that I have about another person's behavior, needs to be checked out with them, and accepted by them. Otherwise I am in the position of a dictator, I think
- [16:58] Thoth Jantzen: "oh, I don't care if u show me affection. I can do with out it..." doesn't seem realistic to me.
- [16:59] Sunshine Bernard: laughs.. yes, I agree Thoth
- [16:59] Michelle Iwish: I think everyone has expectations of their partner and of themselves as well
- [16:59] Thoth Jantzen: yes
- [16:59] Sunshine Bernard: therefore at some point, frustration; but that could be a growing exercise
- [16:59] Marya Blaisdale: But those 'expectations' shouldn't need to be said, it is, as far as expectation of affection is concerned - that is part of a loving relationship, that is what it is - and it shouldn't 'need' to be expected - if it isn't there, then you are in a business relationship and not an emotional one
- [16:59] Palani Allen: Perhaps it might be more of a constructive relationship, which could minimize anger due to expectation failure leading to frustration development.
- [17:00] Sunshine Bernard: that would be nice Marya but, I think they do need to be spelled out
- [17:00] Reflection Freenote: I think good/optimal relationship communication is about making expectations explicitly, instead of implicit, and having good consensus between partners about those expectations
- [17:00] Michelle Iwish: and continuing an open dialogue because as people change and the relationship evolves, expectations change. roles change, etc
- [17:00] Sunshine Bernard nods; yes, they do
- [17:00] Marya Blaisdale: I don't know, I guess I think that if you are in an emotional/intimate relationship then being affectionate with each other is a 'given' - and does not need to be stated
- [17:00] Wytchwhisper Sadofsky: some peeps are blind in love and need to hear it spelled out
- [17:00] Wytchwhisper Sadofsky: agreed Michelle
- [17:00] Reflection Freenote: yes, Michelle, very true
- [17:00] Thoth Jantzen: so we should list out our expectations and then make a contract on which we accept and which we don't?
- [17:01] Sunshine Bernard: when children are born...expectations change; when children leave home; expectation of the relationship change
- [17:01] Reflection Freenote: well Marya, affection is demonstrated in very different ways by different people. So often we have expectations that people will demonstrate affection in the ways that I appreciate, rather than in the ways that are natural for them
- [17:02] Wytchwhisper Sadofsky: well all verbal negotiation is a verbal contract so why not
- [17:02] Sunshine Bernard: nods
- [17:02] Michelle Iwish: no Thoth, because while it may be secure in having a binding commitment.. It isn't realistic that the human condition is static enough to maintain them
- [17:02] Chester Dickens: being on the receiving end of anger: better to walk away, refuse to speak any further, diffuse the situation by saying sorry or backing down, or holding your ground even if it escalates the situation? What is the best way to handle it?
- [17:02] Sunshine Bernard: I would walk away
- [17:02] Reflection Freenote: essentially Thoth, all relationships are contractual (that's what expectations are) so we are talking about having a healthy, clear, and accurate understanding of what those expectations are in a relationship so that we don't feel taken advantage of, cheated, what have you
- [17:03] Sunshine Bernard: all situations are different Chester
- [17:03] Wytchwhisper Sadofsky: Chester, best to say lets discuss when we both calmer and come back to it

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- [17:03] Sunshine Bernard: you have to do what is best for you
- [17:03] Marya Blaisdale: I think saying sorry if you are not sorry, or if you are not 'wrong' is not the right thing to do - I do think refusing to continue on with the silliness is better though it depends on the dynamics of the relationship and how to react would be dependent on that methinks
- [17:03] Reflection Freenote: Chester, I think that walking away is generally the appropriate response
- [17:03] Marya Blaisdale nods
- [17:03] Sunshine Bernard: nods; I would also.
- [17:04] Sunshine Bernard: the safest thing to do
- [17:04] Marya Blaisdale: I would probably say 'if you're not interested in discussing this rationally, then we will not discuss it at all' :P
- [17:04] Sunshine Bernard: laughs...well, that could throw fuel on the fire
- [17:04] Reflection Freenote: it takes two people to develop habits of fighting, which are always dysfunctional in relationship, don't solve problems, and create a bad atmosphere
- [17:05] Wytchwhisper Sadofsky: yes but one should always leave a door open 4 future communication
- [17:05] Michelle Iwish: agreed Wytch
- [17:05] Marya Blaisdale: yes, indeed
- [17:05] Sunshine Bernard: yes
- [17:05] Reflection Freenote: and talking about how you aren't gong to discuss it anymore is less direct communication than saying "hey I've got to hit the john, sorry;-)"
- [17:05] Sunshine Bernard: and keep in mind, we are all "right" in our own minds
- [17:05] Sunshine Bernard: we are always the "hurt" party
- [17:05] Wytchwhisper Sadofsky: true sun
- [17:06] Sunshine Bernard: listening with an open mind I think ..is the only way to go there
- [17:06] Reflection Freenote: it is extremely difficult to disengage from volatile disagreement, however. There is really a sort of shared hypnosis in the shared fighting reactions.
- [17:06] Marya Blaisdale: Aye Ref, but it is better not to carry on attempting to converse with someone that is hysterical and being totally irrational - so I would tend to say 'walk away for now' or end the conversation if at all possible, though I know it is hard to remain calm when other people are losing their cool :)
- [17:07] Reflection Freenote: It often seems imperative to one or both parties that things be "resolved" although that tends to be a catch 22 usually
- [17:07] Marya Blaisdale nods
- [17:07] Sunshine Bernard: nods; and it might be what you partner needs at the time to scream and shout..
- [17:07] Reflection Freenote: yes, Marya, I totally agree
- [17:07] Sunshine Bernard: I agree also but, think its not always possible
- [17:08] Reflection Freenote: well sun, I don't think anyone actually needs to scream and shout, although they may really want to
- [17:08] Sunshine Bernard: laughs; one never know Ref; I think there are times when people do not know what is eating at them
- [17:08] Sunshine Bernard: and some sort of release helps
- [17:08] Marya Blaisdale: yes, very much agree with that Sunshine
- [17:08] Wytchwhisper Sadofsky: many times things are said in anger that are not meant in order to wound the other walking away an coming back later means less chance of that occurring
- [17:08] Sunshine Bernard: smiles
- [17:08] Reflection Freenote: well, actually, Sun, the more people do scream and shout, the stronger the habit strength of that response becomes, and it is this habit strength that creates a sense of need to do the thing, which then reinforces that circuit yet again.
- [17:09] Sunshine Bernard: it is hard to stay and listen
- [17:09] Marya Blaisdale: I think it is hard for a lot of people to listen under 'normal' circumstances, outside of an emotionally charged situation - so yes :/

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- [17:09] Palani Allen: So, then we must break the communication to not support the habit forming behavior.
- [17:10] Reflection Freenote: so, people who have anger problems are people who often feel the need to vent their anger on others, until they are taught, by the others, not to do that anymore. Then they don't need to do it anymore
- [17:10] Chester Dickens: you shouldn't keep things inside, or let resentment build up until you explode about something small or unrelated... but sometimes you just need to step back and think before you say something you might regret
- [17:10] Reflection Freenote: yes Palani
- [17:11] Wytchwhisper Sadofsky: I agree Chester nothing should be swept under the rug but there are better times to discuss certain things
- [17:11] Sunshine Bernard: I don't mean to reinforce bad habits or to give satisfaction by allowing people to scream and shout at me but, I think at times there is a release of energy that is needful for someone to get at the root of the problem
- [17:11] Reflection Freenote: yes, Chester, and that raises a very important point. Many people who intermittently explode, are also people who are chronically unassertive, and do not set limits or voice negative feelings until or unless they have built up enough of a fight/flight response to do a "proper" job of it
- [17:12] Wytchwhisper Sadofsky: yeah don't bottle stuff that's not healthy
- [17:12] Reflection Freenote: so an ability to discuss negative feelings, without unmodulated anger is really the challenge
- [17:12] Marya Blaisdale: I think if people spent less time 'venting' and more time thinking about why they are angry, or exploring the direction of their anger, who they are targeting and why, and is it really 'that' important - I think things would be far better all around.
- [17:12] Sunshine Bernard: I totally agree Marya
- [17:12] Reflection Freenote: so talking about your own negative feelings for example, without criticizing the other person, if possible.
- [17:12] Wytchwhisper Sadofsky: I do as well
- [17:13] Marya Blaisdale: That would mean taking responsibility for their feelings though Ref :)
- [17:13] Chazz Heliosense: Most of the foregoing seems to assume the people are logical and will behave rationally to build a sort of relationship if only they are not sabotaged by misunderstandings, by the absence of a clear contract spelling out expectations and responsibilities, but failures to communicate-that these things lead to the conflict. I think most of the time the conflict would still be there if all these errors were eliminated: that people pick fights for reasons like that they crave that sort of interaction. It makes them feel important, or powerful, or significant, or they get malicious pleasure out of inflicting pain on someone else. Or they seek out, in imitation perhaps of a role model-eg parents-to sabotage and destroy the relationship. There is no failure to communicate in people who kill themselves with cigarettes or food or alcohol.
- [17:13] Wytchwhisper Sadofsky: well they say to focus on u own feelings and don't use accusatory statements like u do this u do that focus on during the convo
- [17:14] Reflection Freenote: yes indeed Marya, and it is interesting, a quirk of neurology, that we are actually much more formal and strategic with our thoughts about problems outside the home, as compared to within. We tend to think that the home is a place for informality and to be totally yourself, when what that tends to mean is that we are just poorly modulating our most negative and primal reactions
- [17:14] Thoth Jantzen: a lot of times, I think the anger comes from frustration. If two ppl know each other well, they know what is expected of them and what they can or should expect of the other. Often when one person doesn't meet those expectations, it is often due to refusal to do so, but often the reasons for that are not expressed well or even hidden...and often not completely justifiable, and it does create anger and resentment which can escalate.
- [17:14] Reflection Freenote: yes, Marya, it does have to do with not engaging the other persons defenses, if possible (diplomacy is always useful)

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- [17:15] Sunshine Bernard: interesting point Chazz, perhaps a class on effective fighting?
- [17:15] Chazz Heliosense: no
- [17:15] Sunshine Bernard: the why's and hows?
- [17:15] Chazz Heliosense: I have noticed a lot of people crave intense emotional interactions
- [17:15] Sunshine Bernard: you're correct; there are strange reasons that people fight in that manner
- [17:15] Sunshine Bernard: they do and why?
- [17:16] Chazz Heliosense: dunno
- [17:16] Sunshine Bernard: perhaps dysfunctional family?
- [17:16] Reflection Freenote: yes, Chazz there are lots of people who fall into that category, but in my experience, most of the people with really serious problems who come to a professional for help with it, do not fall into that category.
- [17:16] Chazz Heliosense: just an observation
- [17:16] Sunshine Bernard: not ever seeing two people work on a problem and work it out
- [17:16] Wytchwhisper Sadofsky: just because u had a rough background or your parents had poor communication doesn't mean that u have to u choose how u decide to communicate with others just be aware of subconscious behavior patterns u parents may have passed on
- [17:16] Sunshine Bernard: I'm serious. When I say learning to "fight" effectively
- [17:16] Marya Blaisdale nods - a good observation Chazz, and true methinks
- [17:16] Books Janus: what is the opposite of "intense emotional interactions"?
- [17:16] Chazz Heliosense: robotic, proper
- [17:16] Sunshine Bernard: of course not but how do you learn??
- [17:16] Michelle Iwish: I may not understand your comment Chazz but while there are those who get a thrill by being emotional sadists.. I don't think that in a healthy consensual relationship anyone WANTS conflict
- [17:17] Chazz Heliosense: It seems to me it is common
- [17:17] Sunshine Bernard: you learn by modeling good "fighting" behavior
- [17:17] Books Janus: if it's the common, then isn't it the norm?
- [17:17] Sunshine Bernard: seeing people work out a problem is most likely foreign to many children in dysfunctional households
- [17:17] Deoridhe Quandry: I enjoy conflict and argumentation; I have at least one relationship where we're always catching each other out and disagreeing and agreeing - but trying to hurt someone is different from arguing with them, in some relationships.
- [17:17] Chazz Heliosense: a person who craves a screaming match will just be frustrated by "good fighting"
- [17:17] Sunshine Bernard: they grow into dysfunctional adults
- [17:17] Sunshine Bernard: in the beginning yes; its a hard habit to break as Ref pointed out
- [17:18] Reflection Freenote: certainly there are people who are challenged genetically (personality disorders and what not) and also had very bad models, and have cultivated a life-long history of very aggressive behavior, as Chazz was saying, but this might be 10% of the population.
- [17:18] Chazz Heliosense: as far as being the norm, if it's a plurality of people, then it's the norm, and I think it might be
- [17:18] Sunshine Bernard: oh, perhaps your population Ref but not where I'm from unfortunately
- [17:19] Reflection Freenote: sunshine, it depends on what you mean by fighting. If we define fighting as causing the other person emotional pain, criticizing them as a human being, or the other things we do when we fight, then there really isn't any such thing as effective fighting. If we mean effective argument, that might have some usefulness though
- [17:20] Sunshine Bernard: smiles. Sorry I didn't define it for you Ref, but yes, that's what I meant
- [17:20] Sunshine Bernard: learning to argue effectively...its a learned skill
- [17:20] Wytchwhisper Sadofsky: argue effectively is essentially a debating skill
- [17:20] Books Janus: who teaches arguing effectively?
- [17:21] Sunshine Bernard: parents should teach it and sadly most do not

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- [17:21] Chester Dickens: It makes you wonder how much of this anger is programmed and how much is really biological...I mean everyone heard the old Irish Saying..."Is this a private fight...or can anyone jump in?"
- [17:21] Books Janus: yes, Chester, I agree.
- [17:21] Sunshine Bernard: debating usually lack the relationship between people, like family
- [17:22] Reflection Freenote: hahahah Chester, yes. Well, I think it is mostly biologically myself of course
- [17:22] Wytchwhisper Sadofsky: yeah but the same skills are used in both
- [17:22] Sunshine Bernard: well you're usually not personally involved on a debate team and it makes it easier for me at least
- [17:22] Chester Dickens: of course but certain societies teach that justice is demanded.
- [17:23] Sunshine Bernard: that's part of our growing, our learning to be thinking abstract adults
- [17:23] Reflection Freenote: Sunshine, good debating can be a useful skill, but still seems to lead to problems often. In real debates, you make points, and there is an arbiter who decides the winner and the loser. In a relationship there is no arbiter, and there is not a winner and a loser (just two losers). That is the defeated party usually feels resentful, and that will come back on the other person even though they won the debate
- [17:23] Sunshine Bernard: I'm sure its a wonderful skill Ref; not sure of how much uses it will be between husband and a wife in menopause
- [17:24] Wytchwhisper Sadofsky: that's why I think effective compromise is better than arguing
- [17:24] Reflection Freenote: exactly
- [17:24] Books Janus: I agree.
- [17:24] Sunshine Bernard: I love compromise; it too is a wonderful skill
- [17:24] Palani Allen: Argumentation is a form of rhetoric, Sunshine.
- [17:24] Chester Dickens: Oh, Sunshine, that's a good point...chemicals in the brain have a lot to do with moods
- [17:25] Wytchwhisper Sadofsky: that's true
- [17:25] Sunshine Bernard: yes, unfortunately for women, smiles
- [17:25] Wytchwhisper Sadofsky: men too
- [17:25] Books Janus: compromise is what is ... what's been thrown around here ... learned.
- [17:25] Sunshine Bernard: nods
- [17:25] Reflection Freenote: good communication tends to be about each person talking about their own feelings, and their own behavior first, and then shared issues and behavior, and lastly the other persons issues (which is terribly idealized, but there it is;-)
- [17:28] Wytchwhisper Sadofsky: both people have to try or it breaks down u have to care 4 the relationship like a plant
- [17:28] Reflection Freenote: that is very well said Wytch
- [17:28] Wytchwhisper Sadofsky: ty
- [17:28] Reflection Freenote: I think a relationship is very much like a garden which requires mindful tending
- [17:29] Sunshine Bernard: and one that is easy to over look at times; so much gets in the way, day to day things
- [17:29] Wytchwhisper Sadofsky: sadly I agree Sun
- [17:29] Sunshine Bernard: nods
- [17:31] Chester Dickens: A plant needs three things to grow, Sunshine, Rain and Good Soil...likewise people need three things also, Time, Place and Good Friendship. Developing a good friendship in any relationship is a good foundation.
- [17:32] Reflection Freenote: yes indeed Chester
- [17:32] Wytchwhisper Sadofsky: that's true Chester