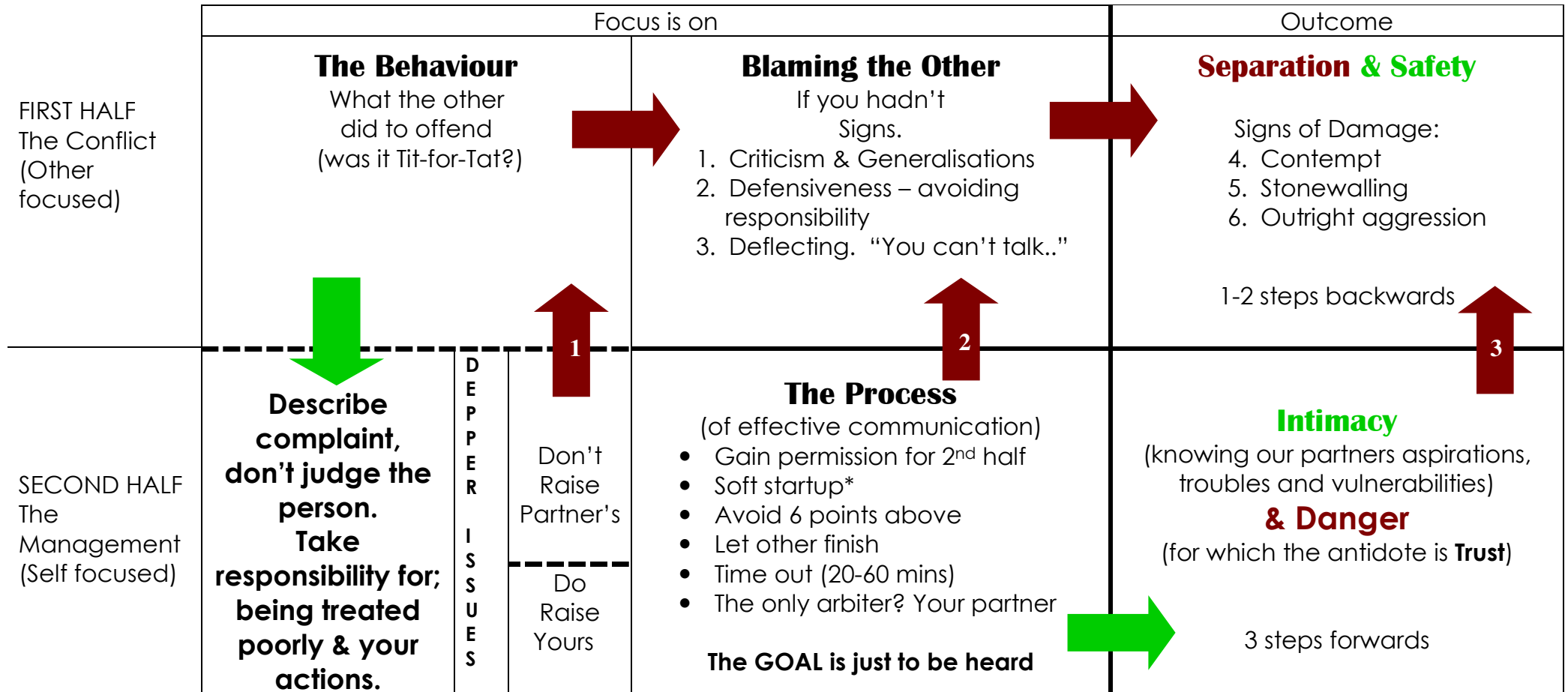


Conflict Management IN A BOX

Dr George Blair-West 2009

The question is not: How do we communicate more effectively? It is: Why don't we??



Three Up Arrows – The forces dragging us away from Intimacy to Separation and Safety

We avoid the second half because we need to look at ourselves rather than blame the other and because.

1. We all have a deep reluctance to explore the pain that has left us with various strategies for conducting ourselves in relationships. We would rather blame our partner (either their behaviour or their deeper issues) than consider why we may be adopting a particular position.
2. We fear that to do so will simply result in unproductive conflict as we move from a focus on "the process" – designed to ensure effective communication – back to criticism and personal attacks.
3. Perhaps the greatest fear is that of true Intimacy. We all know that the people who can hurt us the most are those who know us well and who we care about. Being loved by someone who knows us well is the ultimate love experience – but we have to risk their potential to hurt us.