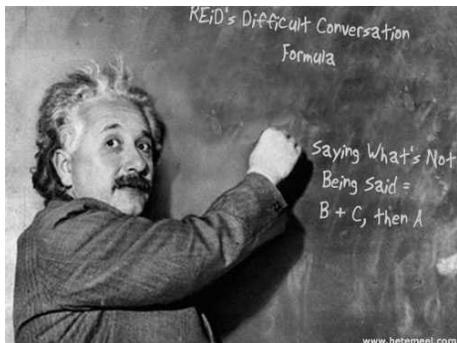


Reid Mihalko presents

Relationship 10x

Transform your relationships 10-fold in just 10 minutes a day



Reid's "Say What's Not Being Said" Difficult Conversation Formula

Use Step 1 to gain clarity on what you're not saying, to whom, why you're not saying it, and what you'd like to achieve by saying it.

Use Step 2 to make initiating a difficult conversation easier. The script in Step 2 allows you to build context and communicate your intentions while allowing you to share what it is that you've been withholding.

Step 1: Find some time alone and write down the answers to the following questions, in the order they appear... Write for 3–5 minutes on each question, non-stop. Try to keep the pen moving or your fingers typing for the full 3–5 minutes. Write all the crap swirling around in your head and get it on paper or a computer screen. If you get stuck, write: "I'm stuck. I can't think of anything..." until your brain unsticks itself. Keep writing!

- A. What I'm not saying to (my partner, my boss, my parents) is _____.
- B. What I'm afraid might happen if I say it is (Remember, you're brainstorming! Your list can't be too long! The longer the better!)_____.
- C. What I'd like to have happen by saying this is (Write down all the positive things you can think of!)_____.

Step 2: Cut and paste your answers from Step 1 into this the script below, which will be the script that you can memorize or read from when you talk to so and so. It can also be the script that you use to compose an email, letter, etc.:

Dear (partner, boss, parental unit), there are some things I've not been saying to you. I'm not saying them, because I'm afraid the following might happen:

- (Answers from B here)
- (Answers from B here)
- (Answers from B here)

What I would like to have happen by my telling you is:

- (Answers from C here)
- (Answers from C here)
- (Answers from C here)

And what I'm not telling you is (Answer from A here).

Thank you for listening. What, if anything, would you like to share in response to this?

DIFFICULT CONVERSATIONS HANDOUT

Questions? Email us at Info@Relationship10x.com

"Say what's not being said. It's what you're not saying that's destroying your relationships." ~Reid Mihalko

For an example of The Difficult Conversation Formula in action, visit:

<http://reidaboutsex.com/difficult-conversation-formula>

It's What You're Not Saying That's

Destroying Your Relationships. The plain truth of intimacy is this: It's what we're not saying in your relationships that's slowly killing them. Withholding the important and even the trivial, over time, fosters resentment and mistrust, eroding intimacy. And it's not just the negative stuff that we don't say that's detrimental; withheld acknowledgements and appreciations are just as toxic to the health of intimacy and connection as withheld frustrations and upsets.

What Time Is The Right Time? If you're waiting for the "right time" to initiate the conversation and you've been waiting more than 3-days, consider that the "right time" may never come and that *this is your signal* you should grab your handy, Difficult Conversations Script and give it a go.

Take The Risk! Share what you're afraid might end the relationship. It's my belief that risking ending a relationship by being honest and transparent leads to a more fulfilling life than "not rocking the boat" or "walking on eggshells" for 5, 10, 20 or more years. If sharing with your loved ones your scariest and most shameful wants, fears and desires ends the relationship, I think

you're both better off in the long run. If it doesn't end it, guess what? You're having a *Relationship with a Capital R!*

Relationship with a Capital R: Share the things you think might end the relationship and if the relationship doesn't end, now you're having a Relationship with a Capital R! Letting the "cat out of the bag" can build more trust and a deeper sense of security and intimacy.

Be a GREAT Role Model: When you say what is not being said, especially the big, bad, hairy, scary stuff, you model for your loved ones that they can share all the things they're not saying, too.

Exercise Your "What's Not Being Said" Muscles! Once you begin to exercise your "what's not being said" muscles, having difficult conversations become so much easier and, pretty soon, you're living a life where you've got nothing to hide from those you love. You and your loved ones have begun to release all the energy it once took to hide those bits and facets of yourselves. This freed up energy and bandwidth are now yours to express in the world and in your relationships!

