

The Paths Through Conflict

Path of Protection

Defensive
Closed

Intent to Protect
Against Pain/Fear

Conflict

Intent to Learn

Avoid Personal Responsibility
for fear, behavior & consequences

Assume Personal Responsibility
for feelings, behavior & consequences

Compliance

Give up self
out of fear of
conflict &
disapproval

Control

Attempt to
change
other by
disapproval
instilling
guilt/fear

Indifference

Withdraw or
resist
sexually
emotionally
physically

**Learn
About Self**

**Learn
About
Other**

Protective Circles

Control/Controls
Control/Indifferences
Control/Compliances
Indifference/Indifferences

Negative Consequences

Power Struggles
Pain
Distance
Lack of Fun & Joy
Fighting Boredom
Deadness
Lack of Sex
Feeling Unloved & Un-giving

Path of Trust

Non-Defensive
Open

The Process of Exploration

Conditions

Open to
being
Affected by
other Willing
to
experience
transitory
gain/fear
from
knowing the
truth about
self & other

Belief in
**Important
Reasons**
for own
and others
feelings
behavior

Areas

**Areas to
Explore:**

Childhood
Fears
Protections
Consequences
Values
Expectations
Responsibilities

Intimate Love
Passionate sex
Fun & joy
Shared gain
Feeling in-love

Evolving Relationship
Resolutions to conflicts
Personal freedom
Personal & relationship
growth