

## Episode #31 – Dealing with Negativity



### **What can we do to ensure we are intentional in handling negativity in our relationships? Follow these steps:**

1. Awareness. Self-reflect on the relationship that I'm finding challenging to become aware of specifically what is happening in the relationship that feels triggering to me.
2. Acknowledge. Acknowledge what is; how I'm experiencing the relationship. Acknowledge my role in contributing to the present dynamic.
3. Set Boundaries. Define what is and is not okay. Episode 33 will address how to effectively set boundaries.
4. Make Agreements. Define together how we want to be in this relationship. What do we each need in order for the relationship to flourish? Episode 34 will address Agreements in details.

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