



THE WAY WE COMMUNICATE WITH OTHERS AND WITH OURSELVES ULTIMATELY DETERMINES THE QUALITY OF OUR LIVES"

~ ANTHONY ROBBINS

"LET YOUR CONVERSATIONS BE, YEA,

YEA; NAY, NAY: FOR WHATSOEVER IS MORE THAN THESE COMETH OF EVIL. MATTHEW 5:37"

~ HOLY BIBLE



COMMUNICATION

Say how you feel! - many times, we don't say how we feel because we either don't like confrontation or we have a subconscious insecurity with the person we haven't spoken up to about our feelings.

I always use this rule of thumb when assessing if I need to have a grown-up conversation:

- Make sure that it is a battle I want to fight.
- Make sure I've examined all perspectives because I'm not perfect, and I may have perceived things the wrong way.
- Make sure I'm not saying it to be manipulative in my ways.

Stop assuming! – you don't think making assumptions is a communication issue? Think again. Grown-ups don't assume. Communication is not just about you saying what you need to say. Communication involves two parties, and you can unintentionally communicate the wrong message to someone based on an assumption.

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When you assume things erroneously, the recipient may communicate back to you in a not so pleasant way based on your initial communication. Then we have a dominion effect of back-and-forth poor communication. Just ask and take it from there!

Be honest! – so you remember about not assuming, right? Well, if you are on the other end of being *just asked*, then you need to answer honestly to the question that you're being asked. A lot of times you may be unfulfilled in your friendships and relationships because you're not honest. Be honest not only with the person asking but be honest with yourself – that's what grown-ups do. If you can't be honest with yourself, you'll never be able to be honest with others.

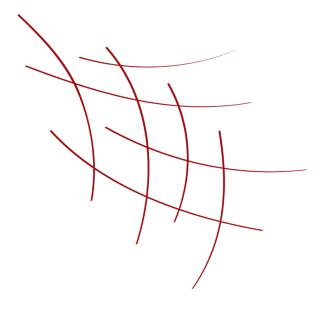


"BOUNDARIES ARE A PART OF SELF-CARE. THEY ARE HEALTHY, NORMAL, AND NECESSARY."

-DOREEN VIRTUE

"FOR NO MAN EVER YET HATED HIS OWN FLESH; BUT NOURISHETH AND CHERISHETH IT. EPHESIANS 5:29"

~ HOLY BIBLE





Be honest, again! – so here's another caveat to being honest, some people fear being honest because they're afraid of losing a relationship. But here's the thing, if you don't be honest, you're the one suffering. You know why? Because usually, when you don't speak up for yourself, you end up feeling walked all over and resent the person you're withholding your tongue for. Grown-ups don't do that. Everyone needs a little grace, but giving grace shouldn't make you feel like a sucka. *insert shrug emoji*

If you're in a friendship or non-romantic domestic relationship, you owe it to yourself to be honest. The boundary you set is to ensure that you're being treated fairly and with respect. If you're in a romantic relationship and you fear being honest and speaking up for yourself because you don't want to lose the relationship, then it's time for you to examine that relationship and put the boundaries to the test.

My grown-up rule of thumb is: if this person decides to leave me or stops talking to me because I spoke up about something, then they were never meant to be mine. In the end, it was something about

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their character that wasn't going to allow the relationship to last anyway. I can't hold on to someone that doesn't belong to me.

Be aware of yourself! – stop ignoring your feelings about things and people. Sometimes we go along just to get along, and that's not fair to us. It's OK if you don't want to do something. It's OK to take time for yourself. It's OK if you don't want to go to every function. If someone can't understand that, that's their problem and not yours. When you ignore you, you become your worst enemy. Real grown-ups aren't enemies to themselves.

Be clear on your values! – when you know your life values, you tend to walk in a trajectory that cultivates those values. Your values are a part of your boundaries! If you have no values, you have no boundaries. Just as simple as that. Write in your journal today about your values. Grown-ups create core values that they live by.

BONUS!

Codependency! – you can't allow someone to become codependent and then drop them when you get tired of being their crutch. Vice-versa, you can't allow yourself to become codependent on a person. Grown-ups nix codependency properly. Find out what you lack emotionally, mentally, and internally to discover why you need the codependent relationship – this goes for both parties, the recipient and dependent.

Some Symptoms of Codependency (If you have an individual that displays these symptoms toward you, then you're the recipient):

- You rely too much on the other person's opinion about what you want to do in your life.
- You don't trust your own judgment.
- The other person is too much like a mother or father to you (this is inappropriate in a peer-to-peer, or romantic relationship).
- You fear they will abandon you.
- If they don't include you in every part of their life you feel left out.