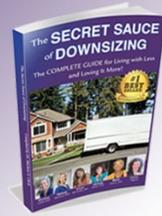


The **SECRET SAUCE** of **DOWNSIZING**



Online Course Processing Your Emotions Module 5

Open Hearted Communication

Barriers to communication can make it difficult to have clarity in conversations. It's important to check yourself before you go into an important conversation. Here are some of the things you will want to consider that inhibit clear communication:

- Blame
- Histories
- Rehashing
- Resignation
- Justifying
- Negative projections

If there is something that needs communicated and you feel it may create lots of drama (or already has) here are some steps to take in order to prepare for communication. The phrases and words may or may not resonate with you but the gist of it is that you want to formalize an important communication so that attention and care is given to its' importance. Here are some things that you can say:



“I would like to set a time to sit down and have a conversation.”

“I want to talk about how I’m feeling about this move.”

“My positive intention in this conversation is to find understanding.”

“What I want you to know is that I love you and I am most interested in helping you do what is best for you.”

Step 1

When you prepare to go into this important communication do Heart Focused Breathing™. When you hold awareness at your heart and create more coherent signals from your heart to your brain you will be able to listen more intently for important communications.

Step 2

As you listen, staying in heart focus, notice if you pick up the essence of what is being said without prejudging or getting pulled into drama. If you feel like you are being pulled off-center just focus on your heart again.

Step 3

Confirm that you understood what you heard. Confirm the “essence” of what you heard as well as the spoken words for understanding. When you listen while staying connected to your heart, you hear more of what might have been difficult to discuss.

