

Relationship Tips



by **Tim Connor**

Anchoring in the Positive

What is an anchor? (And I am not referring to the nautical term.) It is a psychological process or technique for grounding yourself with a memory, either positive or negative. It reminds you of how you felt, what you did, or what you believed when the anchor is thought of, touched, or focused on.

Let me give you a positive and negative illustration of how an anchor can be used.

Positive: You were in the courting stage of your current relationship and your significant other held your hand and squeezed it in a certain way whenever he or she did or said something loving. As a result, you began to associate the squeeze with the positive loving behavior. Years later, to experience the same positive thoughts, would not require any words - just a simple squeeze of your hand and it would bring your consciousness back to the positive feelings you once experienced.

Negative: You have just had a terrible argument with your spouse. As they are screaming at the top of their lungs berating you for every conceivable offense, they slap your hand to vent their frustration. (They are not the violent type and the purpose of the slap is more symbolic than to inflict pain.) The argument ends. You are back to being friends once again, but whenever your beloved slaps your hand - even if it was meant to be a loving gesture - would tend to bring you back to the negative feelings you had when you were having your heated argument.

In both cases, you have created a psychological anchor for your consciousness or thinking. The key in positive relationships is to develop as many positive anchors and as few negative anchors as possible.

1. Look at the behavior of your partner and see if you can determine where,

and if you have created positive or negative anchors. Discuss the anchors with them and see if you can determine the cause or origin.

2. See if you can identify all of your negative anchors and their causes. Can you replace the negative ones with positive ones? In other words, see if you can give the negative anchor a new positive meaning or twist.

3. Next, see how many new positive anchors you can create to keep you, your partner, and your relationship grounded in the positive rather than the negative - make a game of it.

4. When you feel yourself falling into

a behavior or feeling due primarily to the anchor and not what is happening in the present moment, stop and discuss it with your partner.

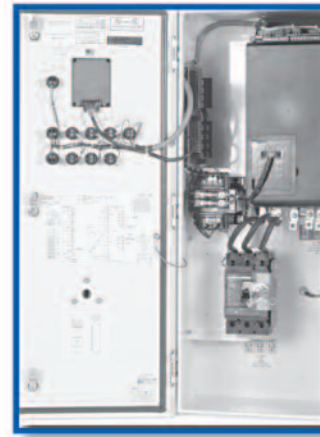
5. Give your partner permission, without retribution, to give you feedback whenever you use a negative anchor.

In His service,

Jim

Tim's weekly tips may be found at www.timconnor.com or contact him via e-mail at admin@worldwidedrillingresource.com

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