

How to get to (find) the core issue

To get to the core issue, we need to identify

- 1) the trait/behavior of the other person that triggers us and
- 2) what that behaviors brings up in us.

1. Identify the core complaint of your partner (or person you have issue with):

(example: They disrespect me and talk down to me. They are mean and critical.)

2. Identify the feeling that brings up in you:

(example: I feel judged, unheard and not respected.)

3. Where in your body do you feel that?

(example: My throat, my heart)

4. Who in your past has treated you similarly?

(example: my Dad)

5. What did they do back then?

(example: He never wanted to hear what I had to say and would put me down)

6. Identify the feeling that brought up in you as a child:

(example: I felt criticized, unheard and not respected and talked down to, like I could never do anything right.)

7. Dig deeper, what's under feeling not respected?

(example: Anger. I just want to be heard.)

8. Under that?

(example: Sad, I feel missed, unseen, and unsupported.)

9. Under that?

(example: I feel unlovable and like I don't have value.)

10. The root issue for me to focus on, teach my partner about, and clear?

(example: 1) Other person: Judging, critical, disrespect 2) In me: Feeling unlovable and like my voice doesn't matter.)

Remember, we MUST teach our partner about our core issues that get triggered in us within the context of the relationship. Remind them, it's normal, it's okay, and it's really not about them. They simply trigger the older issue that is unresolved.

----Jayson Gaddis ©----