

Recording 2 –When You Feel Freshly Upset with Your Partner

Practice Sequence

1. Don't jump to conclusions. Get more information first.
2. Propose to yourself:
 - “Things might not be exactly as they seem.”
 - “There might be more to the story.”
 - “There might be things I don't know about that might make her behavior at least more understandable, even if I don't end up agreeing with it.”
3. First things first. (“First I need to get into a state of mind where I'm relaxed and open-minded. Then I need to talk to my partner.”)
4. Take 2-3 minutes to calm your physiology.
 - Take your mind completely off your frustration with your partner. Sit down (or lay down) and relax every muscle in your body. Take a big inhale, and then a long, slow-release exhale where you're putting your lips together and gently pushing the air out a little bit at a time. As you do this, pay attention to sensations that go along with your breathing. Feel the cool air flowing between your lips and the rising and falling of your chest and stomach.
 - If your mind wanders back to your partner's upsetting behavior, just refocus it again on the sensations that go along with your breathing.
 - Tell yourself, “It's too early to get upset. There's no point in wasting a lot of time speculating, or figuring out what to do. I can do that later. “I lose nothing by taking my time, relaxing and keeping an open mind for now. If I don't like her explanation, I can express myself later.
5. Immerse yourself in a project or activity that requires your full attention for a while. Once you are feeling more relaxed, consider listening to Recording 3.