

Processing Well with Others
March 2022 ver 1.2

1. Examples of processing

- a. Some plan of action or incident needs to be addressed.
- b. Someone needs an apology or get clarity about something.
- c. Someone needs a sounding board.

1. Review Verbal Transactions

- a. “Games” verbal rituals, positive and negative.
 - i. Negative games: domination, manipulation, ploys, something surreptitious. Eric Berne: Parent, Adult Child
 - ii. Have scripts ready if any verbal transaction breaks bad.
- b. Usually negative: (can produce hurt)
 - i. Venting at you: Anger/Hostility (raw venting) and Defensiveness – Four C’s
 - ii. Response to venting: Bad JEDDI
 - iii. Someone is venting or complaining to you about others or something else. Sometimes this can be “criticism by proxy.” “Complaining brain.” Complaining about things maybe fine with a therapist, but others have their limit for listening to another person’s complaints)
- c. Neutral – “passing the time and affirm that everyone is okay.” (but can easily unravel)
 - i. Greetings and Banter
 - ii. Neutral rituals, such as “Ain’t it Awful!”
- d. Work Conversations – something needs to be accomplished
 - i. Work conversations, sometimes within in a hierarchy. Feelings don’t matter much.
 - ii. Counseling - therapy
 - iii. Group therapy - Sharing feelings in a public setting (including any kind of group psychology)
- e. Ask: motivation clean, goal reasonable and clear, timestamp if applicable, take no for an answer.
- f. Decisions to be made – clarity is key. What exactly needs to be decided, by when. Can necessitate processing.

- g. Solving – Giving advice – must have permission of the other.
 - h. Sounding Board – being a witness, asking gentle questions, not solving or giving advice.
 - i. Fraught Conversations – require some degree of processing.
 - i. Processing – *reasoning* with others; prior commitment to virtue and rationality.
 - ii. Rebuking, straightening someone else out – very fraught. Requires thorough police report.
 - iii. Apologizing
 - iv. Forgiving
 - v. Sharing feelings, intimacy, vulnerability
2. For any fraught conversations:
- a. Do your inner processing first. This includes your virtue, wisdom and rationality practices that you have already memorized.
 - b. Announce that you need to process (not just get advice or a solution), even if the processing is spontaneous. Ideally, schedule the processing
 - c. Specify the topic and stick to it – what kind of processing discussion is required.
 - d. Keep processing brief and be willing to process in stages,
 - e. Keep language simple. Limited use of metaphors, analogies and loaded words.
 - f. Avoid phrases that blame others for your inner state, such as “you made me feel . . .”
 - g. Do not attempt to persuade. Let your reasoning do the persuading.
 - h. No demanding, fixing, solving or advice giving while processing. These are other kinds of conversations, but they are processing.

Starting:

1. Wall of virtue intact
2. Rationality practices intact
3. Wisdom as insight work intact
4. (Move from limbic system to rational processing)
5. Review meaning and purpose, your vision.

Inner preparation:

First, on your own, process the incident – Inner Police Report:

1. What happened, who said what, in what order.
2. Get out of your narrative – don't start with feelings.
3. "What if it weren't true?" (Byron Katie)
4. Don't use the poisonous reliquary
5. Have I been wronged, or just have a need frustrated?
6. If so, review how to rebuke
7. Look at inner life disruptions (wisdom as insight, intervention and transformation)

General Notes regarding processing with another

1. If one person is committed to hold the moral center, it will go ok, if two, then beauty is possible
2. Schedule a time
3. Proper bid – invitation to the verbal transaction
4. Interpersonal police report
 - a. No Four C's, no bad JEDDI
 - b. When you offer your police report, no persuasion, no narrative. Brief bullet points!
 - c. Prepare that the other person will have an entirely different police report and prepare to be corrected.

- d. People actually don't remember
 - e. Byron Katie: what if it didn't happen as you remember it?
5. Process one thing at a time
 - a. Avoid "whatabout"
6. How to Apologize
 - a. Apologize for something specific and stay accountable only for yourself
 - b. Never offer an "if" apology
 - c. Ask - what can I do?
7. If you need something, focus on the ask
 - a. No big wind up
 - b. How to ask for something – specific, motivation is clean, goal is reasonable and clear, time stamp, take no for an answer.
8. In fraught processing, don't discuss feelings much, or the distant past. If so, police report style.
9. Tone the language down.
 - a. Don't use metaphors, analogies.
10. Say what you need to say in a respectful and digestible way.
11. Never be "honest" as in raw. Always "guard your tongue". Processing requires that we actually process what is going on within us.
12. Don't say "you made me . . ." they will get triggered. Sharing your feelings in a veiled way. No Four C's!
13. If someone needs a sounding board – no solving.
 - a. Solving is saying "you're not okay."
 - b. Only solve or give advice if you are asked
14. You must model processing. Be behind your wall virtue
15. No complaining through rhetorical questions – don't accept it when people process with rhetorical questions – ask them to say it straight.
16. Venting - If someone says they are going to share how they feel, get ready. Learn how to be the object of venting, or witness a person's venting about something else.

17. No putting up the mirror, “whatabout you?”
18. Every relationship 90-90
19. Review laws of rebuke
20. Be ready: Most beginners just engage in the four c’s
21. Magic of the Subjunctive – and bring it up later