



RELATIONSHIP RESCUE REMEDY

FIVE DROP FORMULA

Module 2- Drop the Vain - Reflect

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Relationship
Rescue Remedy



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Drop the flame

Summary

- First become conscious... something's going wrong
- Recognise dysfunctional patterns
- Don't let your anger become the issue
- Access the mode of goodness (Mindfulness)
- Change state (Calm is Strength!)
- State Change strategies... use individually or combined



Drop the vain

**Reflect... on how the other person
is experiencing this interaction**

**It's all
about
ME!**







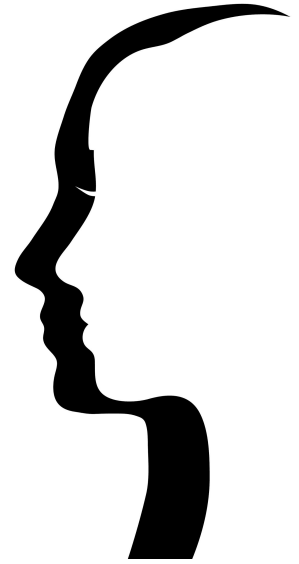
Drop the vain

Reflection...

dissolves conflict quickly and painlessly.



**RELATIONSHIPS...
ARE ABOUT 2 PEOPLE**



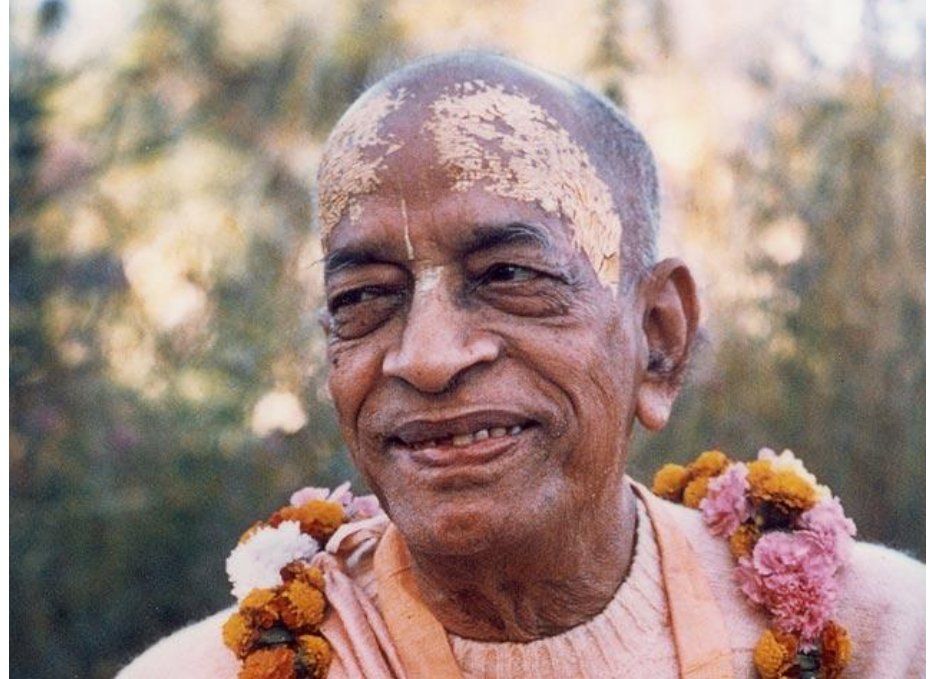
...It's not just about ME!

A word cloud where the word "Selfish" is the central and largest element, rendered in a bold, red, sans-serif font. Surrounding it are numerous instances of the word "Me" in black, also in a sans-serif font, but in various sizes and orientations. The "Me"s are scattered across the white background, creating a dense, repetitive pattern that emphasizes the word's prevalence. The overall composition is centered and balanced.

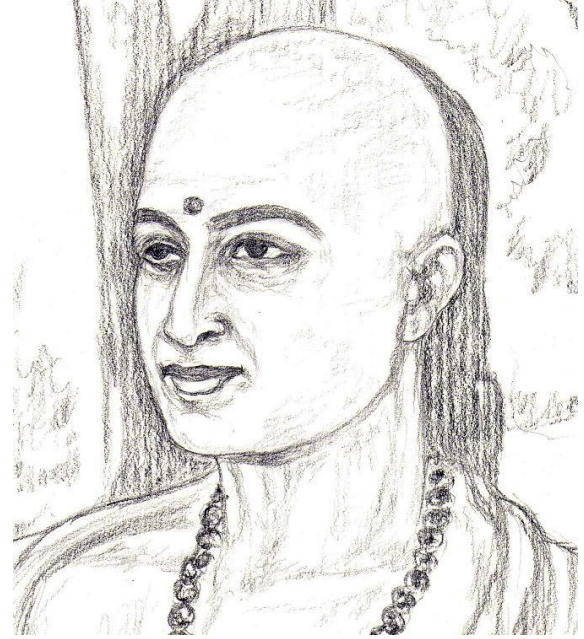
No holes in
MY bucket!



*Srila Prabhupada
tells a funny
story...*



Chanakya Pandit



'atmavan manyate jagat'

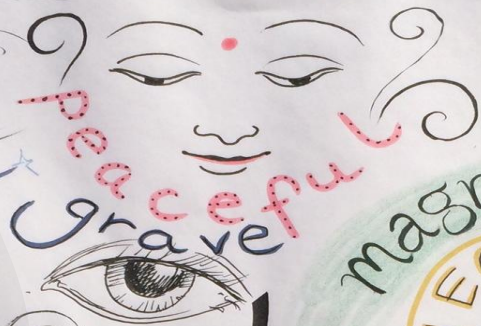


Turn it around



SILENT

Clean
friendly

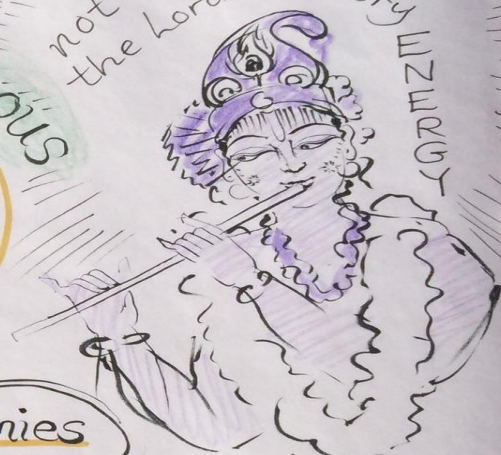


not influenced by
the lord's illusory

RESPECT
FUL
TO
ALL

kind

magnanimous



CONTROL
SELF



TRUTH

without enemies

F.U.L MILD

faults

possessions

material desires

always

SURRENDERED

MERCIFUL



WORKS FOR THE
GOOD OF ALL

steady

to

KR.S.N.A

poetic

expert

.m.e.e.k.

humble

Cooperation

**Always give more
than you take**





‘Mis-understanding’

- **Make up a ‘story’**
- **React to the ‘made up story’**
- **Wait for things to get worse!**



Drop the flame

(Pause)



Drop the vain

(Reflect)

Combine
the drops

Qualities Of Nature

An aerial photograph of a city at sunset. The sky is filled with dark, heavy clouds, with a bright sun breaking through in the center, casting long, golden rays of light across the city. The city buildings are illuminated from below, creating a warm, golden glow. A large highway interchange is visible on the left side of the image. The overall mood is dramatic and atmospheric.

‘Ignorance’

Qualities Of Nature



‘Passion’

Qualities Of Nature

Goodness





***'Great relationships
have no upsets'***

(Utopian idea!)

How we deal with conflict... is what matters!

A collage of white paper scraps, each featuring a large black question mark. The scraps are scattered and overlapping, creating a textured background. In the center, a horizontal strip of white paper contains the word "UTOPIA" written in a bold, red, serif font.

UTOPIA

Focus on the good qualities of others





Drop the vain

Regular strategies keep us stuck!

ATTACK & DEFEND



Story of the Scissors and the Knife



Door Opening Strategies

Empathic Listening...
opens the door to
Authentic Communication



**Take your
relationship
to a new level!**



5

RELATIONSHIPS
grow out of Love



... not out of Force or Control



Drop the vain

REFLECT... the only way forward...

with NO OTHER ALTERNATIVE!

Be first into REFLECTION
Make it a Race!

You won't
lose out!





Homework

Only works when you use it

Use it or lose it!



Drop the vain

Homework

PAUSE... then get into reflection mode

... use this KEY to unlock any conflict

Reflect back... practice your empathic listening

Gauge response... How did you feel ?

How did other person respond ?

Homework - Role Play

Person 1 states briefly what they feel about a recent conflict

Person 2 attempts to mirror back the essence of what they say (not like a parrot) **What I hear you saying is...**

Person 1 confirms if person 2 got it right or not

Person 2 'modifies' until **Person 1** is happy that they got it right



Drop the blame

Accept Responsibility...

Do whatever it takes to make a shift in the communication breakdown

