

THE FIVE LOSING STRATEGIES by Terry Real

1. NEEDING TO BE RIGHT

- A. Finding out whose view is more “valid” or “accurate”*
- B. Leads to endless objectivity battles.*
- C. Fuels the psychological violence of self-righteous indignation.*

2. Controlling Your Partner

- A. Can be direct or indirect (manipulation).*
- B. Short of outright coercion, control is an illusion*
- C. People don't like being controlled. Payback is inevitable*

3. Unbridled Self-Expression

- A. “i have the right and the need to share my feelings with you “spontaneously.”*
- B. The idea that all sharing is authentic and will increase closeness.*
- C. Rarely engenders generosity in others.*

4. Retaliation

- A. Perverse justice: “offending from the victim position.”*
- B. Perverse communication: Trying to “make you feel what I feel”*
- C. Can be explicit or covert (passive aggressive)*

5. Withdrawal

- A. Differs from responsible distance taking*
- B. Stems from either resignation or retaliation*
- C. Often masquerades as mature acceptance*