

# AVOIDANCES AND ACCOMMODATIONS IN RELATIONSHIPS

From pg. 36 of *Four Patterns of Healthy People* by Matt Norman

Relationship	Accommodation/Avoidance					Negative Consequences	What Could I Do to Differentiate?
	Don't State My Needs	Don't Communicate My Feelings	Rescue Them from Their Problems	Absorb Their Anxiety	"Triangulate" Myself into Other Relationships		
Example: My Boss	Say yes to requests that are beyond my capacity	Don't communicate that I lack resources to do my work	Say "It's OK" when she arrives late	Feel tense at work whenever she's tense	Take time acting as a "counselor" to others on my team as they vent their frustrations with our boss	I'm feeling burned out due to unhealthy dynamics doing work that I love and with a boss that I like	Establish boundaries with my boss by learning to say "no" diplomatically, and proactively communicating my feelings


Schedule a Keynote or Coaching Sessions.

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