

# The Conscious Relationship Scale

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Our experience over the past thirty+ years has shown that whether both people are open to learning is the crucial factor in relationship success. Willingness to learn from each moment -- as opposed to defending ourselves by stonewalling, explaining, justifying, withdrawing, blaming -- is much more important than IQ, family background or education. The great advantage of openness-to-learning is that you're in charge of it at all times. You can choose to shift out of defensiveness into genuine curiosity at any moment. Openness to learning can't be faked. You can feel instantly if you're genuinely wondering or not. As you work together toward conscious loving, refer often to this scale. It will help you discover where you're stuck and how to make productive leaps forward.

## HIGH OPENNESS-TO-LEARNING

### +5 CLAIMING FULL RESPONSIBILITY FOR ISSUES, PROBLEMS, RESULTS.

"I'm angry that you cleaned out your checking account and bought a new pick up truck for your lover. I take full responsibility for inviting this situation into my life. While I'm figuring out how and why I created this, I'd like you to find another place to live."

### +4 APPRECIATING FEEDBACK, REGARDLESS OF HOW IT WAS DELIVERED.

"Thanks for telling me I forgot to empty the trash. It hurt to have you attach the note to a bowling ball and drop it on me while I napped, but perhaps it will help me to remember next time."

### +3 LISTENING GENEROUSLY

Summarizing the other person's statements without interjecting your point-of-view. . .

"If I'm hearing you accurately, you're saying you don't want to spend our vacation with my parents."

### +2 EXPRESSING GENUINE WONDER AND CURIOSITY

"Hmmm...I wonder why I created this problem at this point in my life?"

### +1 TAKING AN OPEN, RELAXED POSTURE.

SHIFTS  
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## THE KEY TRANSITION MOVES

## FEAR MELTERS

### 1) CHOOSE WONDERING OVER DEFENDING.

Take a deep breath, let go of your defensive posture, then make a sincere choice to wonder instead of defend.



WIGGLE



OOZE



SUMO



LOVE SCOOPS

### 2) MAKE A COMMITMENT TO LEARNING

"I commit to learning and growing in every interaction we have."

### -1 SHOWING POLITE INTEREST OUTWARDLY WHILE INWARDLY CLINGING TO YOUR DEFENSIVE POSITION.

Examples of defensive moves: Explaining, justifying, denying.

### -2 GOING SILENT, STONEWALLING, GETTING EDGY, SNAPPING

### -3 BECOMING RIGHTEOUSLY INDIGNATE

"I didn't have sex with that woman!!"

"How dare you even suggest that I had anything to do with that!"

### -4 BLAMING, ATTACKING, THREATENING.

"If you don't stop doing that, I'm outta here."

"Why do you always flirt with every man/woman at every party we go to?"

### -5 CREATING UPROAR OR MAKING AN ABRUPT DEPARTURE.

DRIFTS  
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## LOW OPENNESS- TO-LEARNING

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