



BLUE ESSENTIAL TOOLS FOR CREATING EMOTIONAL SAFETY IN RELATIONSHIPS

Dr. Diana Chavez Ketterman, PhD
Yisraela Ketterman, M.A - LMFT

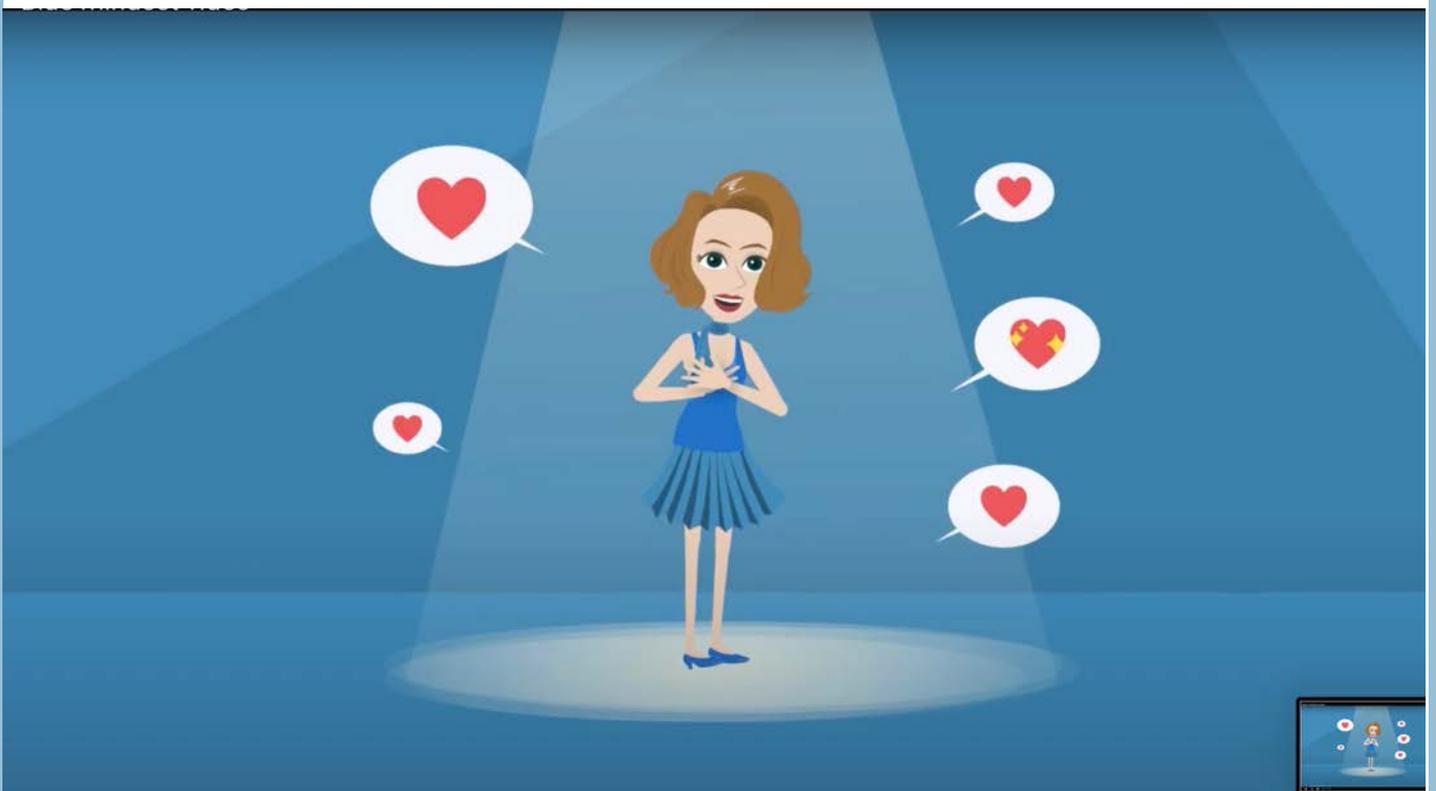


Creating an emotionally safe environment where everyone is treated with kindness and understanding is an important part of living a Character Champion life. The way you can achieve that, is by bringing in the influence of your Blue mindset. This is the part of us that is kind, caring, loving and peaceful. Let me introduce you to Theresa, who has a strong blue mindset. They say the "BLUE IS THE GLUE" that makes relationships work.





Let's meet Theresa, who has a strong Blue Mindset. Dr. K, - Theresa's Character Champions Success Coach,, gave her 12 useful tips, tools and strategies on how to level up her Blue Mindset in her family relationships. Let's see what Theresa has to say, now that she's had some CC Success Coaching!





Hi, I'm Theresa. I believe that the foundation of healthy relationships requires that I bring an attitude of gratitude, warmth, and kindness to all my relationships. I make sure that tenderness and sensitivity extend to all members of my family.

Let's face it, as a parent, I may find that my children can be difficult at times, and from time to time my relationship with my partner can be challenging. Sometimes when I'm at home, I'm tempted to feel entitled to say whatever I want.

This means that I talk to my family members in ways I'm not proud of, because I can be quick to lose my temper and yell at them.



Our Character Champions Success Coach Dr. K once said to me "If you wouldn't talk to your boss or royalty that way, why on earth would you treat the family members that you love, less kindly?" Deep down I feel he's right and he has a point, but I get so tired, angry, and overwhelmed with all that the family requires of me. That's when I knew something had to change, and I needed to use my kinder Blue Mindset with my family.



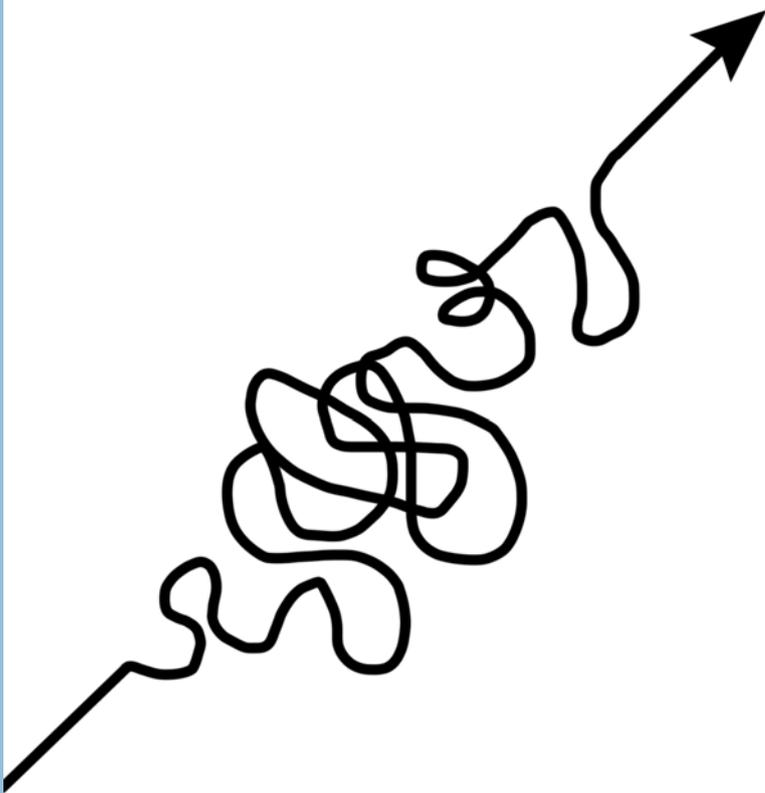
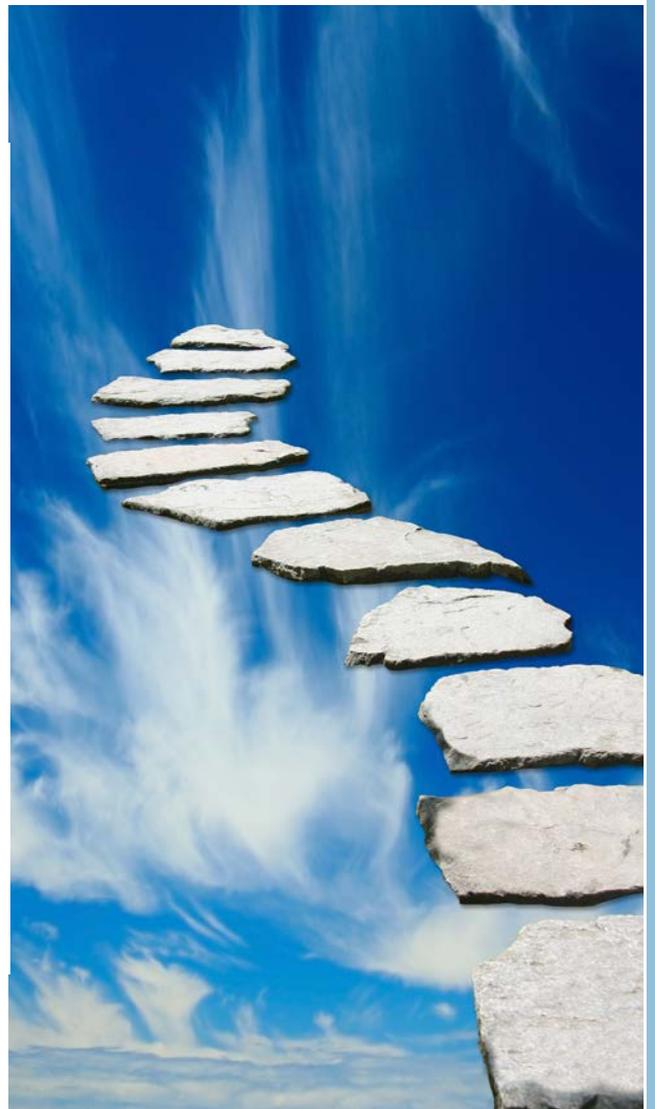
Tip 1 : Treat family members in kind ways.

2. I want to encourage my partner and kids to always be open and honest with me. When they do that, I react in a way that does not discourage them from being transparent. There will be times when I don't like their behavior and I may need to set limits, however; I never try to be overly harsh and punitive. I want to set firm boundaries, but I do it in a way that does not damage their self-esteem or self-worth in the process.



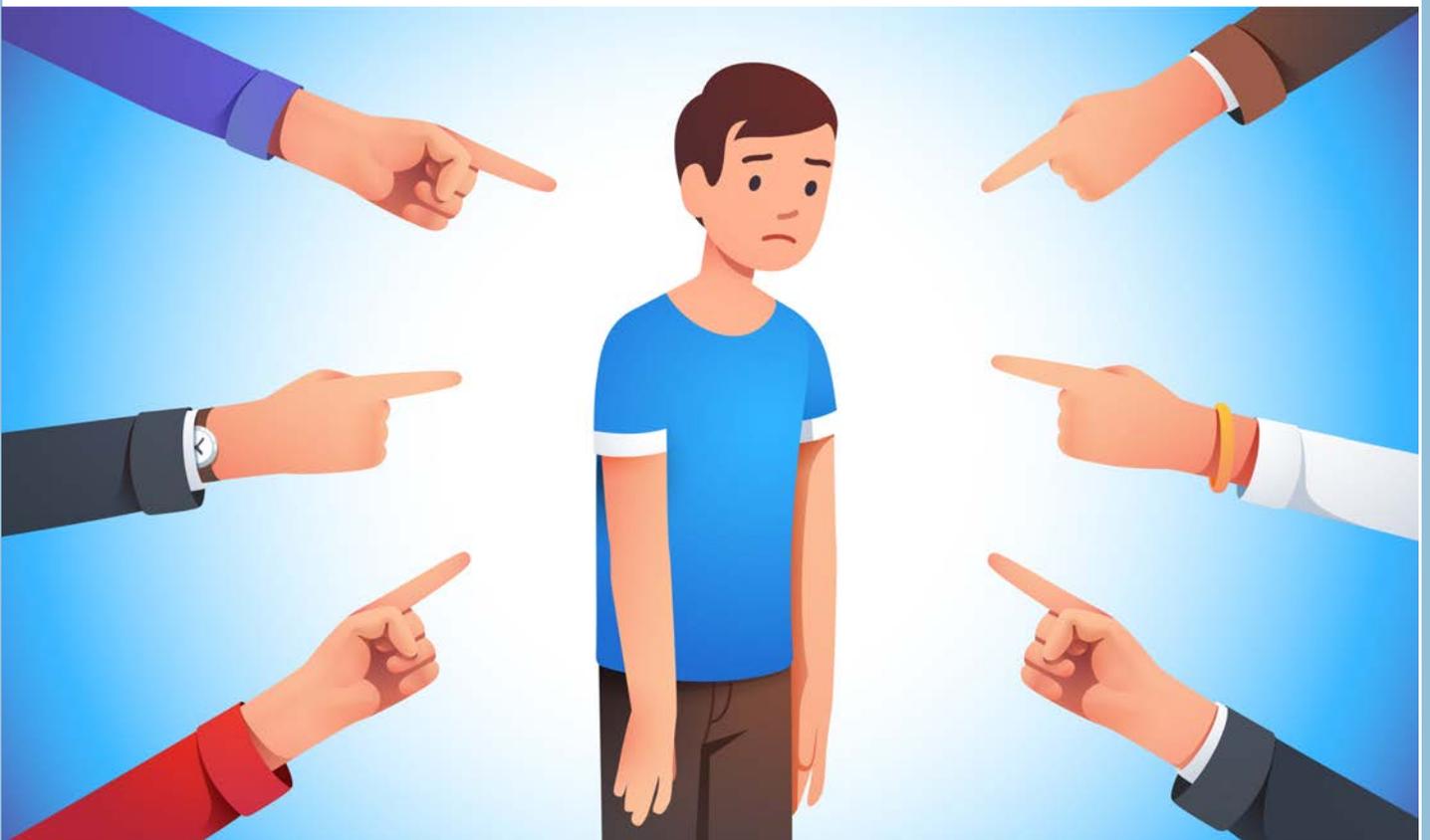
Tip 2: Encourage honesty with empathic listening.

3. I also allow family members to be human and make mistakes. No one is perfect, and I certainly am not, and while I may have high expectations of them, I need to be realistic as well. I realize that humans mess up, but if they do their best to make amends and do better next time, I show them grace and forgiveness.



Tip 3: Practice forgiveness and learn from mistakes. Fail forward.

I also never humiliate, ridicule or shame my family members for making a mistake. I may condemn the behavior, but never the person. For example; I never ever say "you are a bad boy." I do, however, want to let him know that his behavior was inappropriate and unacceptable. I don't sweep negative behavior under the rug and let it go, simply not to make waves. If it's an important issue that should be addressed, I might say, "I don't appreciate it when you don't clean up your mess."



" I encourage my family members to take responsibility for their actions, and to grow and learn from their mistakes.

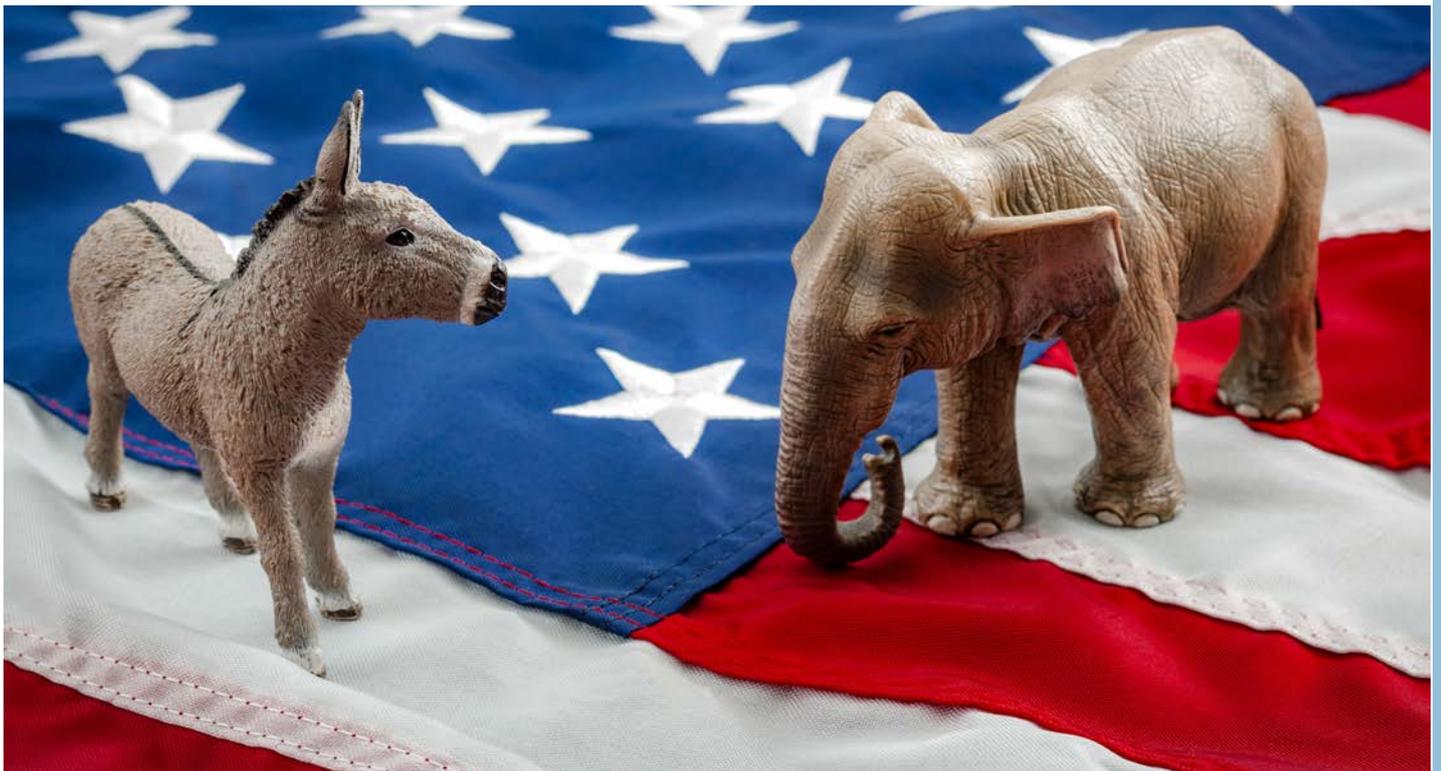


Tip 4: Separate the behavior from the person. We are not our behaviors. Yet, we are responsible for our behaviors and our choices.

6. I understand that sometimes my partner and I are going to need to agree to disagree. I have different needs and wants than he does, and sometimes these conflict. There may be times when I don't fully understand his perspective and sometimes, I even think he's downright wrong.

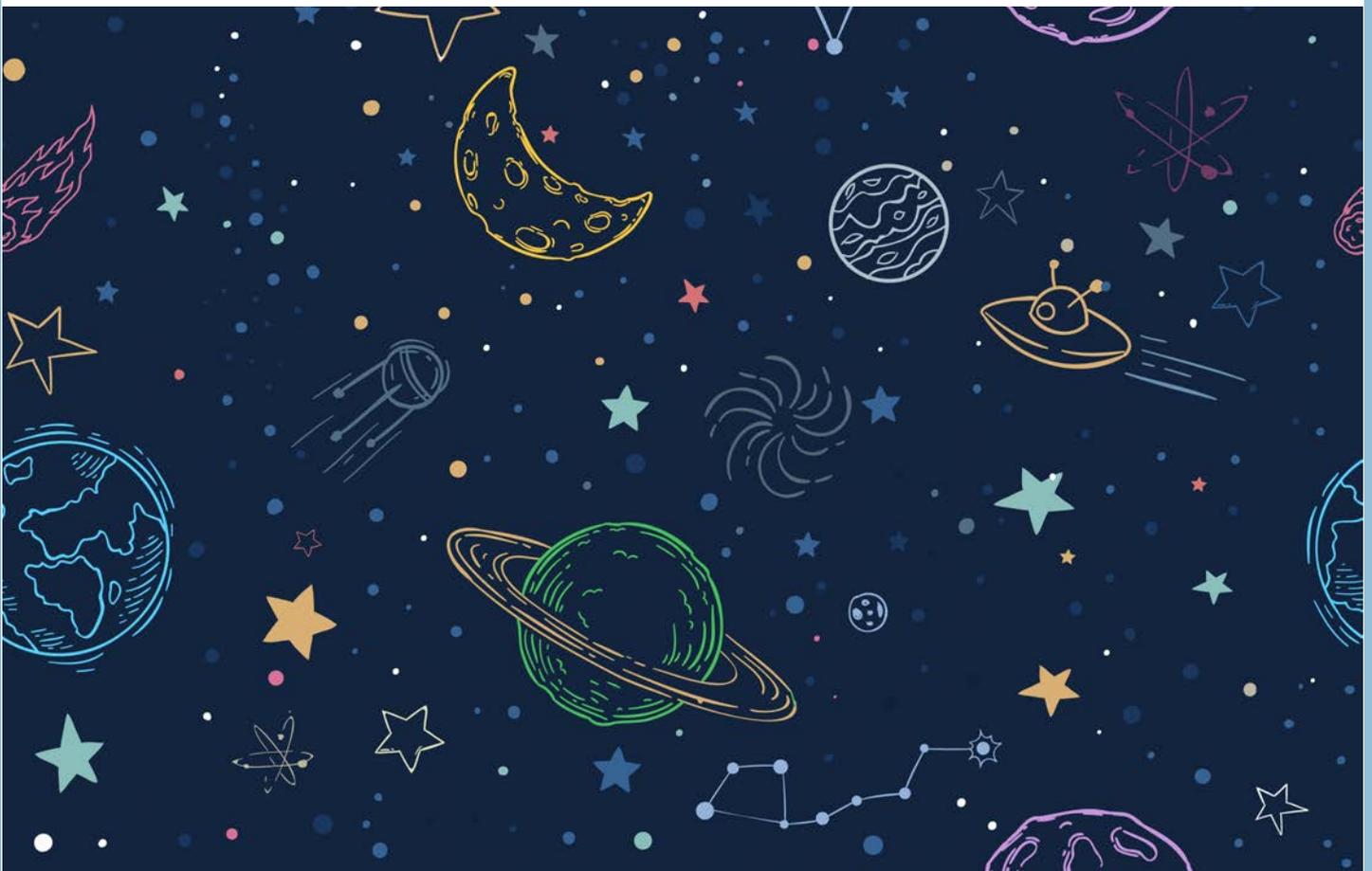


I do accept that we have a different perspective that we may never agree upon, but we still treat each other with respect and dignity. I am a Democrat and my partner is Republican. We have very different ways of seeing the world. I understand that it's ok for us to disagree, but we always make sure to treat each other with kindness and compassion.



. Tip 6: Sometimes the best way to achieve harmony is to agree to disagree.

7. I use the skill of rational detachment to let go of the stress response that I may have when I find myself having an emotional reaction to something. Whenever I am aware that my nervous system is dysregulated, I calm myself down, use positive self talk and don't take the behaviors of others too personally. I release negative energy, take a walk, listen to music and meditate.



Tip 7: Use the skill of rational detachment to cope with stress.

8. I make sure to look for the win-win in every situation. I know if I try to the best of my ability, that whatever solution we come up with will have everyone's best interests in mind. I don't operate in a win-lose capacity, where I win at the other person's expense. I make it a habit to take into consideration the needs and feelings of other family members whenever I need to make a decision that impacts them.



Tip 8: Always look for the win-win solution.

9. Dr. K learned from Eric Berne the creator of Transactional Analysis, that people relate to each other from 4 different life positions:

Feeling
Blue?



1. "I am ok, but you are not ok." This implies that I am better than you and shows a basic lack of respect for you as a person. 2. "I am not ok, but you are ok" - shows my subservience to you and implies a lack of respect towards myself.

3. "I am not ok and you are not ok" implies a lack of respect for both you and me. In this stance, neither of us is ok. So Dr K taught me that a healthier perspective I can take is... 4. "I am ok and you are ok" - this implies we are both worthy of love and respect. I value you, and you value me..



Tip 9: Take a positive stance of I'm ok, you're ok, because we need to treat ourselves and each other with mutual validation. This is a relationship-enhancing attitude that builds and strengthens relationships

My positive interactions with my family far outweigh the negative ones. Dr.K also taught me that Dr. John Gottman says that in order for a relationship to be healthy, there needs to be a 7:1 ratio. For every negative interaction there needs to be at least 7 positive interactions to counterbalance. He warns that when the ratio reaches 1:1 things are really bad. This means that my words of affirmation toward my family members have to be frequent and positive, no matter what their love language is.



Tip 10: Keep it positive at a rate of 7:1.

11. I make sure there are a lot of positive behaviors in my relationships. By making plenty of emotional deposits, I invest into the "relationship bank" by doing acts of service just because it is a positive thing to do for other family members. That way if I ever need to make an emotional withdrawal, there are still emotional reserves left in the bank. If I make too many negative withdrawals then then the emotional account becomes overdrawn. It is important in a family that no one is just a taker in the family. We are all givers and takers in a family unit.



Tip 11: Adopt an attitude of giving more than I take.

12. Dr. K. taught me that every person has a Champion Self which is the part of themselves that is valuable, lovable and capable and free to choose because behavior is a choice. She showed me how to recognize the Champion Self in all my family members including myself. I also learned that bringing in a Blue Mindset allows me to access and recognize the Champion Self in myself and others so we can be our best selves.



Tip 12: Remember to see the Champion self in each other so you can live your best life.

About Our Authors



Dr Diana Chavez Ketterman, PhD

Dr. K. is a licensed educational psychologist with more than 41 years' of experience working in schools and private practice, who shares her expertise internationally with families, school districts, hospitals, churches, civic/business organizations, community colleges, and universities. Author of several books about individual differences, parenting and life-long success, Dr. K. and friends are passionate about sharing the value of Character Champions for building compassionate communities and making the world a better place. Whether you are 3 or 103, you can discover the secrets of the CC Code and S.O.A.R. in ways you have never dreamed of. Come learn with us the tools you need to spread compassion-not Covid-19-in fun, interactive, and useful ways.





Yisraela Ketterman, M.A - LMFT

Yisraela Ketterman has been practicing in private practice as a Licensed Marriage & Family Therapist for the past 12 years and is passionate about making the world a better place. She is the mother of four adult children who are 32, 30, 28 & 22 years old. Her little therapy pup "Amora", often joins in sessions and provides her clients with that little extra bit of warmth, licks and love that is so often needed to assist clients in their healing journey. Yisraela also is dedicated to nurturing the development and training of future therapists, and in that capacity has been working as a supervisor for Grow UR Potential and other agencies for the past 7 years.

She is on the board of Character Champions Behavioral Health & Wellness which is a non-profit dedicated to helping educate and empower people to create psychological wealth by understanding themselves and others better. The aim is to help people transform their relationships and bring the world just a little bit closer to achieving world peace. Her web address is www.yisraelahayman.com.

