

RULES FOR GUT LEVEL COMMUNICATION

-Gut Level Communication-emotional openness and honesty must never imply a judgement of the other. Maturity means not judging the intention or motivation of another. Emotional honesty never implies a judgement of a person, not giving them blame. There is a difference between judging a person and judging an action.

Emotions are not moral (good or bad) emotions are not moral but factual. They must never be repressed or censored.

-Feelings and emotions must be integrated with the will and the intellect. Non-repression means that we experience recognize, and accept our emotions fully. It does not mean that we will always act on these emotions. It is tragic when a persons feelings control his life.

-In gut-level communication, emotions must be "reported". We must be able to tell others about our emotions. Whether we will act on them or not. We EITHER SPEAK OUT OUR EMOTIONS OR WE WILL ACT THEM OUT. WE DO NOT BURY OUR EMOTIONS DEAD, THEY REMAIN ALIVE IN OUR SUBCONSCIOUS MINDS. The most common reason why we don't report our emotions is that we don't want to admit them for one reason or another. We fear that others may reject us or punish us for our emotional honesty. Any reason for not communicating is a fraud, and our silence can only produce a fake relationship, which will never stand the test of time.

-Emotions must be reported at the time that they are being experienced, (with rare exceptions.) It is much easier to report an emotion that is a matter of history-almost like talking about another person. Always report feelings as you are having them, the exceptions being a judgement that the other person is not ready at the moment to hear it.

THE BENEFITS OF GUT-LEVEL COMMUNICATION

- 1.As real and authentic relationship of encounter, a better sense of self-identity for both persons. Law: I WILL UNDERSTAND ONLY AS MUCH OF MYSELF AS I AM WILLING TO COMMUNICATE TO ANOTHER.
- 2.Having understood myself, because I have communicated myself, I will see the patterns of my behavior and I will change. Emotional patterns are not biological or inevitable. If I allow my emotions to rise so they can be identified, observe the patterns of my emotional reactions, report them and judge them, then I can make the necessary adjustments to grow and change.
- 3.My gut-level communication will envoke from others a responsive honesty and openness which is necessary for a mutually interpersonal relationship.
IF WE WANT OTHERS TO BE OPEN WITH US, WE MUST BE HONEST AND OPEN WITH THEM.
If we express the deepest part of ourselves to another, they will then become empowered to reveal themself to me