

META365 TELECONFERENCE



5 Steps to Overcome Rejection and Betrayal **Dr. Verdi Lethermon**

1. Women must tell the truth about what they expect in a relationship & do not compromise.
 - Women have a right to expect that their needs will be met.
 - Women have a right to assertively address it when their needs are not met
 - What is it that we want, what do we need, identify the needs
2. Define the relationship!
 - Communicate effectively what our needs are!
 - Don't hope or think that others will know.
 - Be able to say this is what I want or what I need.
3. Control yourself!
 - My communication will not change others, they must change themselves – “I control me”
4. Trust Yourself!
 - Women fail to trust our feelings (give credence to our emotions). Do not discount or invalidate your feelings. They should not control you but they are valid. When we do not trust our feelings, we are left vulnerable to rejection and betrayal. Feelings are not the “evidence” but they are a valid marker.
5. Ask yourself “what am I going to do?”, “How am I going to face this?” It means doing something -
 - Conversations
 - Communication

None of these things will fool proof you from being rejected, but it will help you to set a standard so that you will not “settle”. Establish expectations on the front end.

5 Steps to Overcoming Infidelity **Dr. Scott Davenport**

1. Both parties must understand what behavior led to the infidelity
 - i.e. responsibility in relationships increase followed by demands, therefore stress increases. Stress should cause persons to come together but often it brings a wedge between both.
2. Offender must share the complete details of the infidelity
 - Must share the what who how when, etc. knowing that the offende needs to know in order to get in touch with their feelings.
 - Offender will not want to share because they think the offende will be hurt, but the truth must be told. New info that is revealed later only opens new wounds.
3. Offende must be willing to share their feelings & emotions
 - Hurt, shame, anger (shows the depth of their pain)
 - While not an attack against the Offender, it will be a step to beginning forgiveness.
4. Establish healthy boundaries
 - Allows trust to be developed.
 - Helps offende to stay faithful.
 - Without boundaries, infidelity can be repeated.
5. Recommit the marriage vows.

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