



# WELCOME TO MODULE 10

## *Beyond* THE TUG-OF-WAR



*Welcome to Module 10 where we are going to attune our radar to know when there is even the slightest tug-of-war occurring in our relationship. We are also going to look at all of the ways in which we stay disconnected, fighting, at odds, poking, finger-pointing, undermining, exploding and dismissing within relationships. In a lot of ways, you will be re-introducing a sensitivity that you may not have felt since you were a young child. So be prepared to feel raw at times as you unpack this module.*

*In general, people start out with the sensitivity to be able to feel everything that is going on around them. They can feel tension, undercurrents, dismissiveness, coldness, jealousy and manipulation. The problem is what we felt as a child was usually at odds with what we were told was actually going on, “the acceptable truth”. This can be very confusing as it leads to an undermining of your sensitivity and what you feel.*

*Slowly we become numb to what we feel and start to live a more superficial life, albeit still getting affected by what is taking place under the surface. Our “relationship conflict” radar has been attuned to more extreme cases of fighting like yelling, smashing property or physical abuse and often the more subtle (but just as damaging) forms of “war/opposition” go undetected or unaddressed. This module is an empowering module to support you to become aware of all the little moments that build to bigger moments of opposition.*

# WHERE *Conflict* STARTS



## CONFLICT WITH YOURSELF

---

*Before we look at conflict within a relationship, let's look at the conflict that is a little more close to home. Have you ever noticed the times you feel conflicted? We usually attribute this to having to make a decision or being challenged on our values or integrity. But have you ever considered that you could be in much more conflict with yourself than you realise? Without sounding too much like you are heading to the loony bin, these experiences are very common and many people feel torn on a day to day basis without realising it. Do you say something or don't you say something? Is this relationship still right for you or not? What about the times that you behave in a way that is contrary to what you feel is true but you can't seem to stop yourself? Do you beat up on yourself? Are you hard on yourself? If you are at all hard on yourself then you are in conflict with yourself and that hardness is with you in all that you do. When you are in conflict with yourself it will inevitably spill over to other people and affect your relationships. In order to be able to have harmony within a relationship, you have to first be settled within yourself.*

**Question 1a: Are you hard or harsh with yourself? If so describe how.**

---

---

---

---

**Question 1b: What understanding can you bring to yourself to cut the harshness?**

---

---

---

---

Question 2a: Do you dismiss your feelings, your worth, your reading of a situation? If so describe how.

---

---

---

---

Question 2b: What would it feel like if you backed what you felt as true? How would this change your life?

---

---

---

---

Question 3a: Do you compare or measure yourself against others? If so describe how.

---

---

---

---

Question 3b: What are you not confirming or appreciating within yourself that makes you feel like you have to compare to “check” your worth or lack of worth against others.

---

---

---

---

Question 4a: Are you in a tug-of-war with yourself? What are some of the issues you feel you are in conflict with yourself over?

---

---

---

---

Question 4b: When you are settled within yourself, what is the truth you feel about these issues?

---

---

---

---

*Over the page, we are going to explore your observations and experiences with conflict in relationships. You will be surprised at what you think and feel about conflict in relationships. Are you ready?*

# WHAT HAS BEEN YOUR *Experience?*

Question 5: Write down all of the different types of “conflict / opposition” that you have observed or experienced in relationships.

---

---

---

---

---

---

---

---

---

---

Question 6: How do you respond to conflict? Do you fight, get aggressive, withdraw, appease, manipulate?

---

---

---

---

---

---

---

---

---

---

Question 7: How does this make you feel? Do you like the way conflict makes you feel or how you respond to it?

---

---

---

---

---

---

---

---

*Over the page, we are going to explore all of this in more detail. You will be surprised at the many and varied ways that conflict arises in relationships. Are you ready?*

# RELATIONSHIP *War*

## THE SUBTLE OR NOT SO SUBTLE WAYS OF CONFLICT

1. *“Arm wrestling” each other to be right or get your way/view.*
2. *Pulling away, disengaging, giving up.*
3. *Being dismissive or cold. Giving your partner the ‘silent treatment’.*
4. *Undermining your partner so they don’t bring the next level of awareness or standards to the relationship.*
5. *Pointing the finger or bringing blame into the relationship.*
6. *Defensiveness, denying, burying.*
7. *Revengeful or calculating how to get what you want.*
8. *Comparison or measuring yourself against another.*
9. *Hurt, frustration, emotional blackmail. Purposefully triggering the other person to make them unsteady.*
10. *Needs and expectations, loading the other person.*
11. *Competitiveness, trying to win, conquering another.*
12. *Jealousy, preferring to tear down instead of being inspired by the other person.*

**Question 8: Write down what it feels like when you or your partner engage in the ways of conflict listed below.**

NOTE: You want to capture it in a way that you can start to recognise what is happening as soon as it happens.

WAYS OF CONFLICT	MYSELF	MY PARTNER
<p>Arm wrestling each other to be “right” or get your way/view. i.e. tug-of-war</p>		
<p>Pulling away, disengaging, giving up. Being dismissive or cold. Giving your partner the ‘silent treatment’.</p>		
<p>Undermining your partner so they don’t bring the next level of awareness or standards to the relationship.</p>		
<p>Pointing the finger or bringing blame into the relationship. Defensiveness, denying, burying.</p>		
<p>Hurt, frustration, emotional blackmail. Purposefully triggering the other person to make them unsteady.</p>		
<p>Comparison or measuring yourself against another.</p>		
<p>Needs and expectations, loading the other person.</p>		
<p>Revengeful or calculating how to get what you want.</p>		
<p>Competitiveness, trying to win, conquering another.</p>		
<p>Jealousy, preferring to tear down instead of being inspired by the other person.</p>		

# BUILDING HARMONIOUS Relationships

*In order to build harmonious relationships, we need to expose all types of conflicts that play out in our relationship. Most of the time people tolerate certain types of conflict because they feel like it is better than other types of more extreme conflict. The problem is, all conflict builds to more conflict and although it may be true to deal with the most extreme type of conflict first, it is important that you don't stop there. If you settle for lesser forms of conflict you will get stuck in your evolution and the relationship will lose its depth and enrichment. If you hear yourself saying "oh well it is not as bad as . . ." then you know that you are setting up a relationship that has undercurrents of conflict. In some ways, this is worse than the more avert types of conflict because it is more hidden and can be harder to put your finger on. Many relationships can seem pleasant or nice on the surface with absolute fury or jealousy underneath. This can be much more damaging in the long run. As you start to resensitise yourself to the feeling of true harmony, you start to feel when there is any form of hardness, shutting off or distance between you and your partner. Now it is important to note that this happens energetically well before anything happens visually or physically. Building an aware relationship means that you can start to have these conversations when you sense a shift occur energetically, and you don't have to wait until it plays out in physicality.*

**Question 9: What are the 3 most common ways that you pull away, harden, attack, undermine, load or engage in conflict with your partner, friend or family member?**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

**Question 10: What are the 3 most common ways that your partner / friend / family member pulls away, hardens, attacks, undermines, loads or engages in conflict with you?**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

**Question 11: Pick another person, what are the 3 most common ways that you pull away, harden, attack, undermine, load or engage in conflict with them?**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

**Question 12: With the same person, what are the 3 most common ways that they pull away, harden, attack, undermine, load or engage in conflict with you?**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

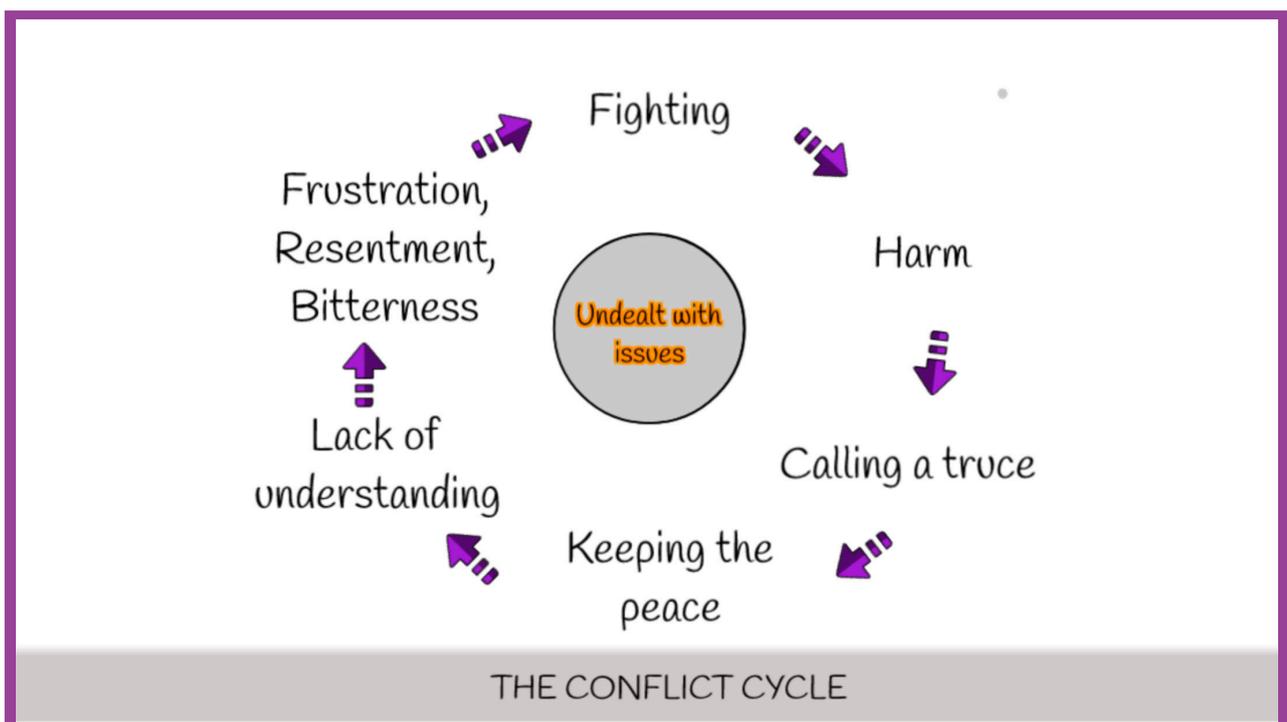
# DO WE NEED TO BE IN *Conflict?*

The simple answer is no we don't need to be in conflict but you could say that we do need to be in conflict until we no longer need to be in conflict. When you really want to work out differences and understand the person and situation fully then you will no longer have conflict. Even if the other person is in conflict with you, you can absolutely still choose to not be in conflict with them. Conflict doesn't bring about resolution . . . ever!! So there is really no true worth to it. However being honest about the conflict that is there is the only way you can ever come out of it; pretending that the conflict doesn't exist and "playing happy families" is a disaster waiting to happen. It is also much better for a conflict to come to the surface and play out more openly than it is for it to be submerged. This is why you can never judge the conflict that is in another person's life as it may be a huge evolutionary step for them to be more open and honest about the conflict they are feeling rather than burying it for another time.

## CONFLICT IS DRAINING AND SO IS KEEPING THE PEACE

If you have ever been in conflict with someone, you know that it is draining. Whether it is in your face conflict or submerged conflict . . . it is all draining in one way or another. It is easy to see how arguments and fighting are exhausting but have you considered how much energy goes into trying to 'keep the peace'. How much energy have we put into keeping the peace and or being at war? It is astronomical how much energy we put into what I call 'The Conflict Cycle'.

Take a look at the below diagram of 'The Conflict Cycle' and ponder on where you get stuck within this cycle.



# COMPLETING THE *Cycle*

*We can find ourselves on the merry-go-round of the conflict cycle for years and years (even our whole life). Usually we need to get so sick and tired of the perpetual cycling that we are ready to truly see what is going on and deal with it. At any time in the 'cycle of conflict', you can "wake-up" and take yourself off the merry-go-round. You will naturally have an area of the cycle that you get stuck in and one that you have more perspective on and see more clearly. As you see through the game you naturally let go of what was keeping you playing to the cycle and you start to get more honest about what it is that has led you to engage in the conflict in the first place.*



## WHERE MOST PEOPLE GET STUCK

*Most people are able to honestly see through fighting as "not it" within a relationship but calling a truce and keeping the peace can be a welcomed relief from direct conflict and this can trick you into thinking that everything is ok. The problem with 'keeping the peace' is it actually takes an enormous amount of energy and inevitably leads to a lack of understanding and ultimately frustration, resentment, and bitterness.*

*Many people don't register more subtle forms of the conflict cycle because they only see conflict as the more extreme versions of abuse or fighting. It is important that you don't discount how powerful it is to bring more awareness and make changes in the areas of the cycle that are more submerged in their outplay. It is the submerged aspects of the cycle that feed the cycle to continue: without them, the conflict resolves much sooner. Keep in mind any form of deviation away from complete openness and harmony is still playing out on this cycle.*

Question 13: Write notes in each of the boxes with 10 being the most overt and in your face and 1 being the most sub-merged or subtle.

## FIGHTING

What does fighting look like for you at 10?



What does fighting look like for you at 1?

## HARM

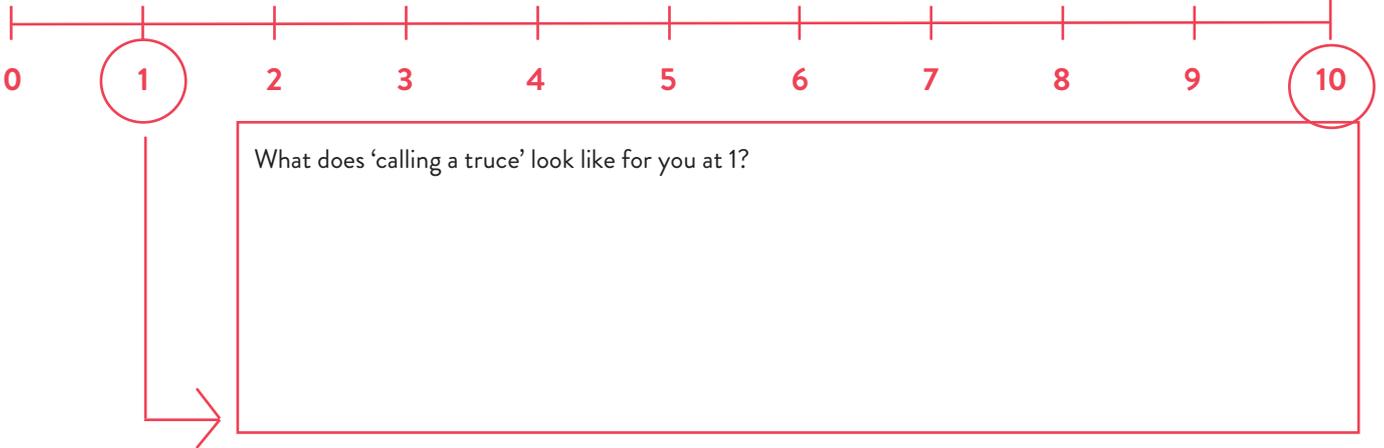
What does harm look like for you at 10?



What does harm look like for you at 1?

## CALLING A TRUCE

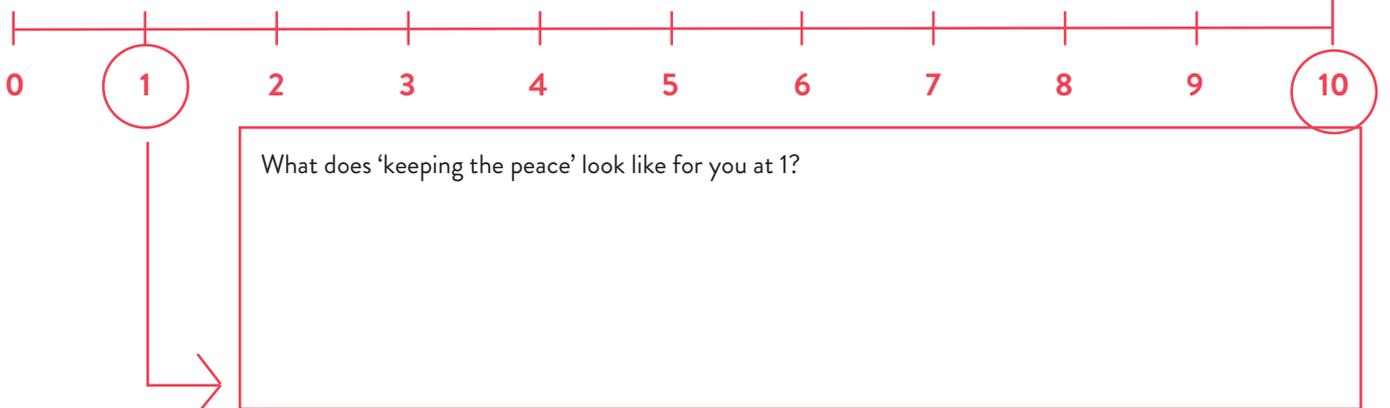
What does 'calling a truce' look like for you at 10?



What does 'calling a truce' look like for you at 1?

## KEEPING THE PEACE

What does 'keeping the peace' look like for you at 10?



What does 'keeping the peace' look like for you at 1?

## LACK OF UNDERSTANDING

What does 'lack of understanding' look like for you at 10?



What does 'lack of understanding' look like for you at 1?

## FRUSTRATION, RESENTMENT, BITTERNESS

What does 'frustration, resentment, bitterness' look like for you at 10?



What does 'frustration, resentment, bitterness' look like for you at 1?

# BEING HONEST ABOUT *Conflict*

The benefit to the 'in your face' type conflict is it is more open and honest and in a lot of ways it is much easier to resolve when you have the right support. If you do need the extra support of a mediator or counsellor it is very important that you seek it. With overt conflict usually both parties are aware of it and have some sort of insight into conflict not being the way forward but tend to be easily triggered into their hurts, sadness and the resultant lashing out. When the conflict is more submerged, it can be more tricky and sophisticated in its attack and much less honest. There is usually pride or arrogance at play or an investment in being able to manipulate things. There can also be a complete investment in the "picture" of how things should look and often you are not even aware of the harshness, hardness, judgement, comparison or jealousy you are dishing out.

**Question 14: In what ways have you not been honest with conflict? How do you play it down, make it ok or ignore it? NOTE: conflict is anything that is not complete openness, harmony and love.**

---

---

---

---

---

---

---

---

---

---

## THE FOLLOW-ON *Effect*

When we ignore, play down or justify any part of the cycle of conflict there will inevitably be a follow-on effect. Are you experiencing reoccurring unhealthy behaviours, thoughts, patterns or addictions? Chances are that they are a follow-on effect from an undealt with conflict towards yourself or towards another.

**Question 15: What are the unhealthy behaviours, crutches or addictions that you turn to in order to numb, play down or justify what happens in the cycle of conflict?**

---

---

---

---

---

---

---

---

# YOUR STANDARDS WITH *Conflict*

*This is where you get to change the story. You get to decide what type of relationship you are going to have with conflict. Are you going to continue the tug-of-war, the arm wrestle, the hardness, dismissiveness or keeping the peace, or are you going to change your approach? As you start to become more aware of how open, receptive and loving you are (or are not) within the relationship at any one time, you start to be able to consciously bring new standards. As an example, as soon as you start to feel that you are in a tug-of-war with your partner / friend, you have a choice to dig your heels in or to “drop the rope”. In the beginning it can be really difficult to “drop the rope” because it feels like we are giving in or losing a part of ourselves when we “drop the rope”. However in reality you have a lot more to gain by “dropping the rope” as you gain a greater openness, perspective and awareness . . . all great things for you and the relationship. Once you “drop the rope”, let go of any hurt, resentment, hardness or right and wrong, you have the opportunity to really feel the truth of what you are feeling and why. This is a much more fruitful foundation to communicate from and when you express without the tug-of-war, you are more likely to have a true understanding for your partner and it is much easier for them to hear what you are saying because it isn’t loaded.*

**Question 16: What is your new personal standard when it comes to conflict?**

---

---

---

---

---

---

---

---

**Question 17: Where is your relationship at with its standards during the conflict cycle?**

---

---

---

---

---

---

---

---

**Question 18: What is a new relationship standard that you can bring to your relationship and how you both deal with all aspects of the conflict cycle ?**

---

---

---

---

---

---

---

---

# STOPPING THE *Cycle*

*In order to stop the cycle of conflict and prepare a foundation for true expression and collaboration you need to be able to feel all forms of conflict no matter how “big” or “small”. It is important that you reset your sensitivity / gauge to be attuned to what is harmonious and what is not harmonious. When you allow this level of subtlety everything that is not truly true for you starts to be seen. There is no perfection in this and this is certainly not trying to get a relationship to look a certain way. This is simply an exercise in being aware of how each situation truly makes you feel (with no judgment). When you do this, you realise that all forms of conflict are important to expose no matter how intense or subtle they are. The intense conflicts are more in your face and directly destructive but the more subtle are more insidious and likely to keep you stuck in the cycle of conflict (not truly collaborating or in harmony) for a much longer time.*

## WHERE DO YOU GET STUCK?

---

**Question 19: What stage of the cycle of conflict do you get stuck in?**

---

---

---

---

**Question 20: How does this play out for you in your relationships? Give examples.**

---

---

---

---

---

---

**Question 21: How does this stop the relationship from evolving, changing or growing?**

---

---

---

---

---

---

# WHO IS *Right?*

What if both people within the relationship feel they are the one coming from a depth of truth? Ok, well this makes things awkward . . . but in reality the “right-wrong battle” is a really common out play. One person thinks they are right and another person thinks that they are right. The simple truth is that when two people have opposing views, one or both people within the relationship are coming from an outer truth. This is where the consistent commitment to deepening comes in. Unless you and your partner have both made connecting to and knowing the quality and feeling of truth (one unified truth) a personal standard then you will most likely have many situations of what I call energetic tug-of-war playing out. As you start to make the depth of what you feel uncompromisingly important to honour and explore, you will also start to see that your partner’s truth is also uncompromisingly important. As you build your lived experience of this level of awareness you will naturally make the process of one unified truth (which I will share more about in module 11) a relationship standard. Without this, there will be many times that the relationship will be stuck in “my way” rather than the truth. In fact, this is not a bad thing, it is part of the process of unveiling. Getting stuck in the relationship “my way” moments is important so far as understanding inside out how this type of interaction feels and allows you to eventually out grow this way of relating to yourself and others. As you do this more, a deeper truth, inner-truth reveals itself.

***Knowing and sensing the vibration of inner truth (one unifying truth) and outer truth (my way) takes an enormous commitment to healing, openness and absolute honesty. The process of building a relationship with truth first involves a relationship with what you could call truth’s baby sister . . . absolute honesty. Although we all have access to “the truth” through our inner-heart (the depth of who we are) and this aspect of us is the most natural part of us, we have been unnaturally moulded and conditioned to come from our outer-self. The process of unfolding truth is the process of discarding the outer-self to reveal to us the inner depth of self we have buried under life’s pressures, tensions and in many cases scars. We will explore all this and more in module 11.***

**Rebecca Poole**

# THE WAY Forward

## HOW TO KNOW WHEN YOU ARE COMING FROM THE “MY WAY” APPROACH

So how do you know the difference between when you are really absolute about what feels true to you and when you are fixed, stubborn and set in the “my way” approach.? Let’s keep this very simple. When you are coming from a “my way” approach to a situation your body and the energetic intention impulsing you will always give itself away. Therefore the only way to be aware of where you are coming from and the intention running you, is to recognise and discern the quality of how the two approaches leave you feeling. When you are solid and absolute with a truth, your body will feel settled, open and focused. When you are fixed and stubborn with a “my way”, you will feel hard, pushy and closed off to the other person.

**Question 22:** Make some notes below to help you build a register of how you feel, think and behave when you are in the “my way” approach rather than the absoluteness of what feels true to you.

MY WAY	THE TRUTH OF WHAT I FEEL

# HOW TO EXPRESS WHAT YOU Truly Feel

Once you see the futility of pulling against each other and you realise you need to approach this differently, you can simply “drop the rope” and you are no longer in a tug-of-war. When you do this, you are often faced with so many feelings, emotions and thoughts rushing you. Below is a step by step approach to support you to deepen and express what you truly feel. This is the only way to truly be heard and bring an opportunity for true collaboration to a relationship. In other words, if you want to get on the same page in your relationship, this is the way.

## STEP 1: DROPPING THE BLAME

---

As I mentioned in the last module, one of the most important components of expressing what you feel is to never express in blame or hurt but instead take complete responsibility for where you are at and what you are experiencing in life. The reason you can take complete responsibility is that you start to recognise how powerful you really are in every situation. Even if another person is 99% responsible for how a situation has turned out, you are still 100% responsible for whether or not you are part of the situation. In some cases, this can be seen as a simplistic view as there are many more complex decisions and entwined dynamics that contributed to the eventuation of a situation but if you take a step back, there is always a purpose to why you are in the situation. This may mean that you are meant to be in the situation because there is a deeper purpose and the situation is naturally supporting you (or challenging you) to step up, expand and grow. Or you were not meant to be in the situation and therefore you need to learn how to listen to yourself more, become more aware and complete an old pattern that may have led you to be in disregard or self-sabotaging. A great leveller in these situations is to take a step back and acknowledge that the pattern playing out in the relationship is something you don't like because you have experienced it many times before, at different times throughout your life and albeit with slightly different flavours. This exposes the fact that if it wasn't this person standing in front of you doing what they are doing, it would be another person because the pattern will continue to play out until you learn what is there to learn.

## STEP 2: SEEKING A DEEPER UNDERSTANDING OF WHAT YOU TRULY FEEL

---

Once you have dropped all blame you are free to sense the deeper purpose within the situation and relationship. There is a moment after you drop the conflict and drop the blame where your natural impulse is to seek understanding. It is not natural for us to feel at odds, unsettled or incomplete. It is only through seeking understanding that you can receive the deeper insight that bridges the conflict of any situation. When I say seek I mean a true seeking which is not a trying or searching but is instead a call from every particle of your being wanting a depth of understanding that resolves and completes what is going on for you and the relationship. This deep call is not just a thought, it is an ongoing, every cell in your body call that stays open and humble knowing that the depth of what you truly feel will be felt when you are ready to listen. This might be instantaneous or it might take months to unravel the pictures, needs, judgements or desires that have ultimately been in the way of you feeling a deeper level of truth.

### STEP 3: EXPRESSING FROM AN HONESTY AND STAYING OPEN TO WHAT ANOTHER WILL CONTRIBUTE

---

*Step 2 forms an amazing foundation for step 3 as it provides the building blocks including openness and humbleness, which are key ingredients for being able to truly listen, express and collaborate with another. This level of collaboration is on an essence to essence basis and occurs through receiving deeper insight and wisdom from either your own depth or the depth of another. From an essence level, it doesn't matter who delivered or expressed the insight and wisdom because no one owns wisdom, as soon as it is felt as true by you then it is also your truth and you have access to it forever more. You start to feel the beauty and magnificence that can come through you (and others) when you are truly open to the depth of your essence. There is no you or me only us or oneness at this level and therefore conflict is not even a concept. As you access this level of yourself you really start to understand the futility of conflict and disharmony and everything in you seeks more truth. Having no conflict does not mean that you always agree, it means that you are open to the process of true collaboration so there is no pull against each other but instead an honouring of the process or getting to the truth together.*

*Expressing from honesty and openness will be refreshing and intimate for some but for others it will be extremely confronting. This is important to acknowledge as you may not always receive back the types of responses you would like. The problem is that we can sense how open someone is to the honesty and openness we have and often we shut down our insight and awareness of a situation because we don't want to cause reaction or rock the boat. This is how many people get stuck in 'keeping the peace' and feel drained and unfulfilled by their relationship. Although it may seem counter intuitive, in order to have true harmony (not surface level peace) you need to be willing to "go there" and really share how you are feeling. With this, you are willing to be at odds with another's surface level pictures and constructed beliefs if it means that more openness and honesty is brought to the relationship.*



# DEALING WITH THE *Challenges*

Question 23: What do you see as a possible challenge to bringing step 1 'dropping the blame' into your relationship?

---

---

---

---

---

---

---

---

---

---

Question 24: What do you see as a possible challenge to bringing step 2 'seeking understanding' into your relationship?

---

---

---

---

---

---

---

---

---

---

Question 25: What do you see as a possible challenge to bringing step 3 'honesty and openness' into your relationship?

---

---

---

---

---

---

---

---

---

---

*“Harmony and peace are worlds apart when it comes to vibrational truth. The energy of peace is a surface level gesture to stop overt harm at the level that the truce has been called. For some, this is a stop to physical violence but not verbal, for others it might be the refraining from all harmful interactions. This however falls far short of the beauty, oneness and depth of collaboration that harmony represents. There is complete understanding and therefore only an intimate flow which means there is absolutely no need for tolerance as this is merely a refraining from the judgement and lack of understanding that is felt deeper.”*

*Rebecca Poole*

## WHERE TO NEXT?

---

*Write down your next steps in how to drop the rope and break the cycle of conflict.*

## MODULE 10 - CHECKLIST

- Watch Module 10 Video
- Complete Module 10 in the workbook
- Listen to Module 10 - In Session With Rebecca audio