

Relationship Rescue (2): Moving From Control To Teamwork

Video #1 was about the game of TAG, which can take over a relationship.

This video is for those of you who can be too controlling, and to those (passive people) who are in relationship with a controlling person.

Saying “you just need to learn how to let go” is truly unhelpful.

The opposite of control is NOT letting go.
It's inviting the other person onto the team with us.

AND

The opposite of being passive is not becoming bossy.
it's saying “yes’ to the invitation.

If a controlling person “lets go,” that means that now they're the passive one.
If a passive person gets more bossy, now they're the controlling one!

Either way, the “decision process” stays the same!

The opposite of control is about including each other in decisions.

Some people say, “Glenn, in the end, somebody has to make the decision.”
That's a lie. WE have to make a decision. Because everybody matters.

But true leaders are in charge of the process, not the outcome.

For the controller, the goal is to express your opinion, then ask the other person, “What do you think?”

For the passive one, your job is to answer the question honestly. And if they forget to ask, “you forgot to ask me.”

No drama, either way - just a sincere desire to change an old pattern.

--- Dr. Glenn Pickering