

# THE AFTERMATH OF FAILED BIDS

## **PART 2- Subjective Realities & Changing the Way You Express Your Needs & Wants**

### Subjective Realities:

- Summarize your own subjective reality, how you saw this week, in terms of closeness and autonomy. What was your subjective reality? Share your subjective realities with each other and try to see how your partner's subjective reality might make sense, given your partner's perspective. Think of bids and turning towards or away.
- It is essential that each of you attempt to give some credence to your partner's subjective reality. Try to communicate your understanding of your partner's subjective reality about closeness and autonomy during this week.

### How Can You Change the Way You Express Your Needs and Wants?

It is natural for each of us to make the fundamental error that it is all our partner's fault. Actually, because it is all a cycle, it is the fault of neither. What is necessary is to be able to move BOTH of you out of the defensive or attacking pattern into a more productive pattern. This starts by EACH OF YOU admitting some role (however slight at first) in creating this distance and loneliness. In finding the right balance for both of you in terms of connection (closeness) and individual autonomy (separateness), there is a need to first understand YOUR part in all of this.

- What are your needs? How did you express them? Is there a better way to express these needs?
- How did you (or your partner) express the needs for closeness or for dealing with loneliness?
- How did you (or your partner) express the need to be separate, autonomous, or independent or the feelings of being swamped and overwhelmed by your partner's needs?
- What is the conversation that you need to have but did not?