



LEARNING TO SPEAK THE MICROSCOPIC TRUTH

These sentences are intended to give you real examples of the shift from concealing to revealing. As you commit to speaking in a way that increases your vitality and creates connection rather than conflict, you may find these concrete interactions useful. Feel free to create your own and share them on the RMO site.

The Truth: That Which Cannot Be Argued About

- The most important reason for telling the truth is that it creates more vitality, creativity and choices.
- The cash value of telling the truth is that it stops arguments.

People often go through three stages in learning to speak the truth in relationships:

Stage One: Non Truth

Popular subjects of relationship conversation before learning to speak the truth:

1. **Blame** – “Who’s responsible for this mess?” “My life was great before you came along.”
2. **Who Said What** – “I specifically remember that you said last Tuesday that you would call if you were going to be late.” “No, I didn’t. I said that...”)

3. **Justifying and Being Right** – “Some of us might benefit from developing a little courtesy around here now and then. My first husband never left his shorts lying around the kitchen.”
4. **Racing for the Victim Position** – “If you had spent the day taking care of three sick kids you would understand why I ate the whole box of chocolate cherries.” “Hah, you’ve got it made just sitting home watching TV and eating chocolate. I had to put up with working eight hours to buy those chocolates.”

Stage Two: Half Truth

1. **Vague Labels** – “I’m feeling okay.” “I’m under a lot of pressure.” “I’m stressed out.”
2. **Explaining and Analyzing** – “I’m feeling kind of off because the atmospheric pressure is low and I slept wrong on my neck.”
3. **Negatives** – “I’m not feeling bad, I’m not feeling good, I’m not feeling much of anything.”

Stage Three: The Microscopic Truth

1. **Sensations** – “My neck is tight.” “I feel a knot in my stomach and my palms are sweaty.”
2. **Core Feelings** – “I’m scared.” “I’m sad.” “I’m angry.” “I’m excited.”
3. **Specific Thoughts/Imaginings/Interpretations** – “I just heard a raspy voice in my head telling me to shut up.”
4. **Familiar Patterns and Experiences** – “This tight feeling in my belly is like how I felt at mealtimes as a kid.”

Example Of Contrast Between Stage One And Stage Three:

“You never listen to me.” –vs.–

“I can feel my stomach getting tight as we talk.”

You may ask questions and post comments about this activity on the Forum page of the RMO Community.