

Appendix C Non-Dualistic Process to More Fulfilling Relationships

1. Block out differences (that is, dualistics)
2. Identify commonalities
3. Share each other's stories
4. Develop non-threatening/non-judgmental descriptions of your differences (best if jokingly).

Step 1. Block out differences (that is, dualistics).

Step 2. Identify commonalities.

* After all, we are 99.9997% the same DNA.

Step 3. Share each other's stories

* Do you have children/ grandchildren? Have you shared the pain of the death of a close loved one? Do you share common upbringing or job?

Step 4. Develop non-threatening/non-judgmental descriptions of your differences (best if jokingly).

* "Bless Her heart. She's a Trumper (or Pelosi Person)!"

To further support your path to better relationships, analyze those times you find yourself falling into the dualistic trap.

- What happened?
- What were the circumstances?
- If the other person started "it", what techniques might I deploy to shift the conversation toward Steps 2 & 3 above?
- In the future, what preventive actions might I take to avoid a dualistic situation in the first place?

Rob Bell, Chapter 22

Source: *A Different Way to Read the Bible Syllabus, Study Guide, and Meditations*.
www.christchurchchattanooga.org, "Christian Education", tab "A Different Way to Read the Bible".