

Couple Anchoring – Tina

I was frustrated by and had difficulty communicating with and tolerating a Co-Worker on our Management Team. I'm now able to communicate without judgment and frustration. When he becomes confrontational, demanding or otherwise difficult, I imagine him as a small young boy. I sometimes imagine him distanced from me in a tiny box or with a tiny voice. Since doing this, the owners have commented that it's amazing how I've somehow bridged a gap with this person like no one's ever done before in my position. He has much positive feedback about me. Well, imagine that! AMAZING. :)