



“Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness.”

Brene Brown, PhD

UNARGUABLE TRUTH

FEELING YOUR FEELINGS AND REALIZING WHAT YOU REALLY NEED-OR-WANT IS YOUR TRUTH

UNARGUABLE TRUTH = SENSATIONS/FEELINGS + NEED-OR-WANT

Practice feeling your feelings and sensations on a regular basis. With practice, you will have stronger access to the Intent to Learn and Unarguable Truths. There is no such thing as a perfect relationship. Conflict happens. However, with Unarguable Truths you have the power to navigate conflict in a balanced way, rather than avoid it or react to it.

PRACTICE FEELING YOUR FEELINGS AND SENSATIONS: PRACTICE AS OFTEN AS YOU WISH

Close your eyes, breathe, focus within. Allow awareness of your body sensations, from head to toe. What are you noticing? Feel for sensations like tightness, clenching, prickly, warm, flutter, lifted, heaviness, relaxed, burning, stabbing, etc.

Free-write what you are noticing unedited.

CALIBRATING YOUR 'YES' AND YOUR 'NO' (YOUR WANTS AND YOUR DON'T WANTS)

Over the next few days, practice feeling what you really want and don't want. Slow down and allow the time to feel. Practice using this tool as often as you like to decipher what your body and feelings are trying to tell you.

Imagine your favorite food, music, or activity. What sensations do you notice in your body?

This provides you a sense of your 'Yes' Signals ('Want' Signals). Describe what your 'Yes' Signals feel like:

Now imagine the grossest food, music or activity that you can think of. What sensations do you notice in your body?

This provides you a sense of your 'No' Signals ('Don't Want' Signals). Describe what your 'No' Signals feel like:



***"If someone is arguing with you, you
are saying something arguable."***

Julia Colwell, PhD

FROM ARGUABLE STATEMENTS TO UNARGUABLE TRUTHS

UNARGUABLE TRUTH = SENSATION-or-FEELING + NEED-or-WANT

Learn How Unarguable Truths Prevent Power-Struggles & Conflict: <https://www.creatingyourbalance.com/power>

STEPS TO SHIFT FROM ARGUABLE STATEMENTS TO UNARGUABLE TRUTHS

The KEY is to do this BEFORE speaking. This requires SLOWING DOWN. It also requires PRACTICE.

- 1** What sensations and feelings are you noticing in your body (tightness, heaviness, yearning, emptiness)?
- 2** What words describe the emotions you are feeling (hurt, desire, weak, alone, mad, sad, scared)?
- 3** What are these sensations and emotions trying to tell you about what you need-or-want?
- 4** Communicate your **SENSATION-or-FEELING + NEED-or-WANT**
- 5** Notice the word **"YOU"** is not in **UNARGUABLE TRUTHS**

Read these **examples** before practicing converting Arguable Statements to Unarguable Truths on the following page.

ARGUABLE STATEMENT: "I feel like you are attacking me."

UNARGUABLE TRUTH: "I feel tightness in my chest and I need to take a day to collect my thoughts."

ARGUABLE STATEMENT: "This is going nowhere."

Sometimes you can simply state a NEED-or-WANT (as long as you've taken the time to truly feel into your needs)

UNARGUABLE TRUTH: "I need to ponder this so I have more clarity. I want to talk later tonight."

ARGUABLE STATEMENT: "I feel ugly because you don't compliment me anymore."

Sometimes you can simply state a NEED-or-WANT (as long as you've taken the time to truly feel into your needs)

UNARGUABLE TRUTH: "I want more of your compliments. I love them."

ARGUABLE STATEMENT: "I'm sad you don't understand me."

UNARGUABLE TRUTH: "My heart feels heavy and I feel foggy. I need a moment to find a better way to word this."

ARGUABLE STATEMENT: "I feel like you NEVER listen to me."

UNARGUABLE TRUTH: "I feel misunderstood. I want to feel heard. Can we take more time to talk about this?"

ARGUABLE STATEMENT: "You're always late."

UNARGUABLE TRUTH: "I notice my stomach gets nauseated with I'm waiting like this. I want you to be on-time more. It's seems very important to me."

ARGUABLE STATEMENT: "I feel like you care more about work than me."

UNARGUABLE TRUTH: "I feel a deep ache in my heart when I think about work versus me. I need for us to find ways to help me feel more important than your work. I might need more quality time together, just you and I enjoying life more."

PRACTICE SHIFTING A CONFLICT

UNARGUABLE TRUTH = SENSATION-or-FEELING + NEED-or-WANT

Think of a conflict you are currently facing. If you can't think of a current conflict, think about one you've had in the past, or one you fear could happen in the near future. Describe the conflict.

Now, free-write as much blame, anger, judgment, disappointment and beliefs you have about this conflict.

Look carefully at how each statement is arguable. Describe your thoughts on what makes these arguable.

Now, take a few deep breaths and allow yourself to shift into the Intent to Learn. Be curious about your current bodily sensations, feelings, and emotions - along with your 'want' and 'need' signals ('yes' and 'no' signals).

Then, answer the following:

- 1** What sensations and feelings are you noticing in your body?

- 2** What words describe the emotions you are feeling (hurt, desire, weak, alone, mad, sad, scared)?

- 3** What are these sensations and emotions trying to tell you about what you need-or-want? List the thoughts and beliefs you are having? What images come up for you? Do these remind you of anything else?

- 4** What do you really want-or-need right now? What do you truly need and want overall regarding this? What words can you use to communicate your **SENSATION-or-FEELING + NEED-or-WANT**

FROM ARGUABLE STATEMENTS TO UNARGUABLE TRUTHS

UNARGUABLE TRUTH = SENSATION-or-FEELING + NEED-or-WANT

Practice converting the following from arguable statements to unarguable truths. Focus on your sensations and feelings that go with these statements as if they were happening to you in this moment.

ARGUABLE STATEMENT: You are always late.

UNARGUABLE TRUTH:

ARGUABLE STATEMENT: I feel like an idiot when you say that.

UNARGUABLE TRUTH:

ARGUABLE STATEMENT: You always treat him/her better than me.

UNARGUABLE TRUTH:

ARGUABLE STATEMENT: You care about work than me.

UNARGUABLE TRUTH:

ARGUABLE STATEMENT: My boss is always criticizing me.

UNARGUABLE TRUTH:

ARGUABLE STATEMENT: Your friends don't like me.

UNARGUABLE TRUTH:

ARGUABLE STATEMENT: It makes me mad when you don't listen to me.

UNARGUABLE TRUTH:

ARGUABLE STATEMENT: This will never work.

UNARGUABLE TRUTH:

ARGUABLE STATEMENT: You make me feel like I'm the bad guy.

UNARGUABLE TRUTH:

TRACKING AND TRANSLATING FROM ARGUABLE STATEMENTS TO UNARGUABLE TRUTHS

UNARGUABLE TRUTH = SENSATION-or-FEELING + NEED-or-WANT

Take a full day (or longer) to listen for the arguable statements you speak, hear, think and read around you. Write them down and see if you can translate them into Unarguable Truths.

ARGUABLE STATEMENT:

UNARGUABLE TRUTH:

ARGUABLE STATEMENT:

UNARGUABLE TRUTH:

ARGUABLE STATEMENT:

UNARGUABLE TRUTH:

ARGUABLE STATEMENT:

UNARGUABLE TRUTH:

ARGUABLE STATEMENT:

UNARGUABLE TRUTH:

ARGUABLE STATEMENT:

UNARGUABLE TRUTH: