

# THE *Six* WAYS WOMEN AVOID CONFLICT



Excerpt from the book  
**WOMAN OVERBOARD!**  
Learn more at:  
[www.Woman-Overboard.com](http://www.Woman-Overboard.com)



## OVERWHELM

Your mind is flooded by all the possible choices, feelings and doubts until it's impossible to know what's right.

### EXAMPLE .....

Your thought-process has many conflicting "maybe's" or you say "I don't know what to feel."

### SELF-DECEPTION .....

If I get so full of thoughts and feelings that I can't focus, I won't have to deal with my anger.



## PASSIVE-AGGRESSIVE

You pretend that something is okay when actually you're hiding your anger.

### EXAMPLE .....

You say "I'm fine" through clenched teeth.

### SELF-DECEPTION .....

If I give clues that I'm angry, they'll realize there's a problem and fix it without me having to address the issue.



## DISTRACTION

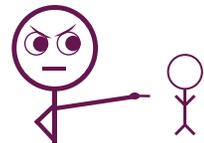
You get busy with small or large tasks, or in other ways prioritize busy work.

### EXAMPLE .....

You decide to clean your bathroom, or nag family members rather than deal with a potential conflict.

### SELF-DECEPTION .....

If I never slow down to feel my feelings, I won't have to deal with this issue or person.



## BLAME

You seek out and assign fault to anyone or anything else other than yourself.

### EXAMPLE .....

You say things like, "it's not my fault," and "if you hadn't done x, then I wouldn't have done y."

### SELF-DECEPTION .....

If I always turn the attention away from me or the real issue, I won't have to talk about anything that makes me uncomfortable.



## SELF-FLAGELLATION

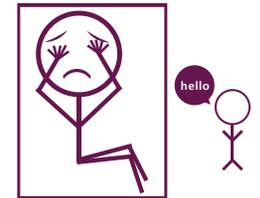
You beat yourself up when conflict arises or when someone gets upset.

### EXAMPLE .....

You cry, repeatedly apologize, or go over and over the incident in your head.

### SELF-DECEPTION .....

If I punish myself enough, they'll feel bad getting mad at me.



## SHUT-DOWN

You withdraw emotionally when you notice starting to feel angry.

### EXAMPLE .....

You continue to remain in the situation, just listening disconnectedly without talking.

### SELF-DECEPTION .....

If I dampen my anger and mute my feelings, no one will get hurt.

# HEALING *for* GOOD GIRLS

In all of these behaviors, there is raw feeling that is not channeled appropriately into mindful action. Repressed or ignored anger turns into violence, either pointed at yourself or at others. What is being lost is your witnessing of your own anger and using that information to set healthy boundaries and speak up for your needs.

While some of the reactions are inwardly focused (overwhelm, self-flagellation, and shut-down) and others focus outward (blame, distraction, and passive-aggressive), all of them are equally ineffective at handling the actual conflict. They keep you from being fully present with your thoughts and feelings, and further, from being able to respond calmly and strategically to the issue.

In order to be a skilled negotiator or good communicator, you need to be able to a) fully witness and soothe your feelings, b) logically assess and get perspective on the situation, and c) speak forthrightly to address the situation in a strategic and authentic way that gets your needs met.

## The Self-Rescue System™ takes you through any of your triggering issues and helps you:

**1** Spell out the warning signs that inner panic and your reaction(s) are rising.

**2** Figure out exactly what triggers you and why.

**3** Create an emotional plan to calm your panic and soothe your fears.

**4** Know exactly when you need to set boundaries and what to say to get your needs met.

*For more, read my book "Woman Overboard: Six Ways Women Avoid Conflict and One Method To Speak Up with Confidence".*