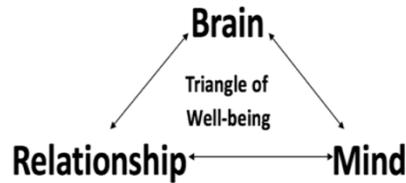
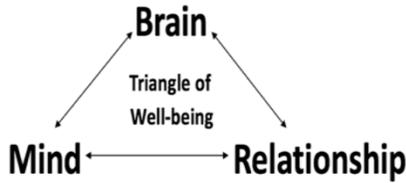


12 Steps to Changing your Mind with Interpersonal Neurobiology

by Dr. Ken McGill (Adapted from Dr. Dan Siegel's *Pocketbook of Interpersonal Neurobiology*, 2012)



When your Brain and Mind engages in goal-oriented activity to develop skills that produce constructive, functional, and “win-win” Relationship outcomes with the Brain and Mind of your partner, your effort not only results in the creation of a Triangle of Well-being but your interactions with each other also results in the production of good Interpersonal Neurobiology.

In the left column below are 12 “losing strategies” that either create or continue conflict in relationships, while in the right column are 12 “winning strategies” which when integrated into your life help to not only create a good Triangle of Well-being within yourself but will also help you to (re)create good Interpersonal Neurobiology with your partner.

	These losing strategies cause conflict and rupture	These strategies create well-being and good neurobiology!
1	Refusing to live an examined life. Not taking “Time-ins” hinders self- and other exploration and discovery.	Practice Awareness. Awareness leads to insight, reflection, information, intuition, morality, guidance and strategy.
2	If you’ve done nothing wrong, then complain, be critical, shame or vilify; all serve to dehumanize others.	Practice your Spiritual Disciplines. Prayer, Contemplation and Reflection help us to humanize others, which may be needed.
3	Relationship Ruptures Dysregulate. Dysregulation interrupts Attunement and rouses the Automatic Pilot.	Breathe to Regulate your Body and Mind. This gives flexibility with your responses and a larger “window of tolerance.”
4	Ignore your MPFc. A “hijacked” mind will remember all the regressed, fearful or familiar places to get lost in.	Use your MPFc. What Agape-oriented values are uploaded and memorized for the present or future repair of ruptures?
5	Keep scorching your earth. Further dysregulation of your emotions ensures resentment and tunnel vision.	S.I.F.T. your Mind. What Sensations, Images, Feelings and Thoughts surface that you need to pay close attention to?
6	Ruptures lead to Misery Stabilizers. Misery begs for flight, escape or relief through habit, vice or abuse.	S.I.F.T-ing leads to an Awakened Mind. Openness ushers in Options, Possibility, Empowerment and New Neural hopes.
7	A-C-T Reactively. Maladaptive schemas evoke mistrust, entitlement, hypercriticalness, harm and punitiveness.	Be A-C-T-I-V-E. Be aware to challenge/change and terminate old schemas and investigate, validate and evaluate new ones.
8	Disorders inject Chaos or Rigidity. Being shipwrecked on either shore thwarts integrated solutions that heal.	Mental Health Heals. Practice value-oriented behavior to engage in dyadic regulation to repair relationship ruptures.
9	Character defects like manipulation, hard-heartedness, arrogance, rage or neglect cause additional ruptures.	Values and Virtues like Empathy, Sympathy, Compassion, Love, Understanding and Kindness repair ruptures the best.
10	Limited Integration of values and skills reduces the options your brain needs to access in crucial moments.	Rapid Integration of values creates neurobiological calm and movement to rewrite “Me to We” relationship narratives.
11	Repetitive ruptures cause insecure attachments, defensiveness and is not the best use of your energy.	Consistent Repair creates new linkages in your brain. S.N.A.G means you’re Stimulating Neuronal Activation and Growth.
12	Not Cooking with C.O.A.L. (Curious, Open, Accepting, Loving) burns us due to unresolved issues that linger.	Practicing your Values keep you in the River of Integration. Using these tools creates flow and the experience of health.

Questions for the 12 Steps to Changing your Mind with Interpersonal Neurobiology

These questions are correlated to the 12 losing strategies and the 12 winning strategies documented in “12 Steps to Changing your Mind with Interpersonal Neurobiology,” found on the opposite side of this sheet.

Take some time to reflect on these questions to derive insights and answers that will hopefully help you to make sense of your current situation. Invite trusted others to help you in your resolve to produce good neurobiological outcomes. Good luck!

	These losing strategies cause conflict and rupture	These strategies create well-being and good neurobiology!
1	Refusing to live an examined life. <i>How could taking a “Time-in” help you to examine what matters the most?</i>	Practice Awareness. <i>What have you learned about your situation that needs the best of your attention & awareness?</i>
2	If you’ve done nothing wrong dehumanize. <i>What unexpressed hurt is causing you to rage like this?</i>	Practice your Spiritual Disciplines. <i>How could loving my “enemy” and praying for my persecutor help me right now?</i>
3	Relationship Ruptures Dysregulate. <i>What applied strategy could help to restore emotional balance?</i>	Breathe to Regulate your Body and Mind. <i>Call a “time-out with explanation” to practice mindfulness and grounding.</i>
4	Ignore your MPFc. <i>What Middle Prefrontal Cortex function (insight, intuition, empathy) could help now?</i>	Use your MPFc. <i>What well-placed values (patience, listening, grace, negotiation, curiosity) could assist you with repair?</i>
5	Keep scorching your earth. <i>What valid intimacy need, or value is overlooked or lost in your dysregulation?</i>	S.I.F.T. your Mind. <i>What vision of how you’d like it to be is appearing in your mind, of which you’ll be responsible?</i>
6	Ruptures lead to Misery Stabilizers. <i>How might you sabotage your personal progress or relationship?</i>	S.I.F.T -ing leads to an Awakened Mind. <i>What thoughts, options or strategies do you wish or need to integrate now?</i>
7	A-C-T Reactively. <i>Which schema from my past is threatening my present ability to function effectively?</i>	Be A-C-T-I-V-E. <i>What Healthy Adult mode behavior (nurture, boundaries, creating safety) do I need to deliver right now?</i>
8	Disorders inject Chaos or Rigidity. <i>What solutions or “data” do I need to integrate to create attunement?</i>	Mental Health Heals. <i>What Agape-oriented values, when skillfully delivered, will help me to repair this rupture?</i>
9	Character defects: <i>Which foible do I need to own, eliminate or replace, because they interrupt repair?</i>	Values and Virtues: <i>Which values, when integrated will help me to be flexible, adaptive, coherent, energized and stable?</i>
10	Limited Integration of values: <i>What ego defense or cognitive distortion blocks me from integrating data?</i>	Rapid Integration of values: <i>What “must have” values are to be included in the new relationship narrative being created?</i>
11	Repetitive ruptures: <i>What choices will I make that help to replace insane ruptures with sane behavior?</i>	Consistent Repair: <i>What reliable, dependable and predictable behavior will help to reestablish safety and rebuild trust?</i>
12	Cooking with C.O.A.L.: <i>How could being curious, open, accepting and loving help to resolve relational issues?</i>	The River of Integration: <i>What values will help to heal trauma, restore harmony and produce secure attachments?</i>

Thank you for taking time to examine how the integration of these goals, activities and skills could help you to produce and enjoy the Triangle of Well-being and the experience of good Interpersonal Neurobiology between you and your partner!

I encourage you to keep these strategies close by and to review them regularly to create the effective linkages that your brain will recall when you most need them. By all means add other solution-oriented values, virtues, behaviors and practices that help you to become productive, proficient, wise and above all, skilled at living (the Greek word *Sophia*)!