

HOW TO RESTORE RELATIONSHIPS
Latest Communication Research Findings

HEART-BODY-BRAIN
CONNECTION



CASE STUDIES

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HEART-BODY-BRAIN CONNECTION

The Heart-Body-Brain Connection in Action



The following 16 case studies consists of a dialogue between a couple. In completing the exercises you will drastically sharpen your ability to recognize each competency style instantly and accurately.



1. Thoroughly read through each case study, two or three times if necessary, until you have a good grasp of the issue.
2. Categorize each person's behavior according to their competency style (Heart, Body, Brain). It will be helpful to review each style on pages 24, 29 and 33.
3. Subsequently, imagine you were in each person's shoes and describe how you would behave.



Ask yourself the following questions:

- What is the cause of the conflict in each case study? Is it due to conflicting competency styles?
- Is each of the partners too rigid, unwilling to accommodate or unaware of the other's style?
- Is the way you would behave in these situations justified?
- Which competency style best fits your responses? Again review the summaries on pages 24, 29 and 33.



Completing these steps will take about 10 to 15 minutes per case study.

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Case Study 1




Christine:

Suzanne has finally decided to leave George after putting up with so much abuse from him. I'd like to invite her and the kids to stay with us for a few months until she can get back on her feet.




Randy:

No way! Under no circumstances will I allow our family to be at risk. What if he loses it and decides to come after her. Secondly, how do you know she is leaving him for good this time? Let's find a shelter she and the kids can stay at.

Christine's Behavior

Randy's Behavior

How would you behave as Christine?

How would you behave as Randy?