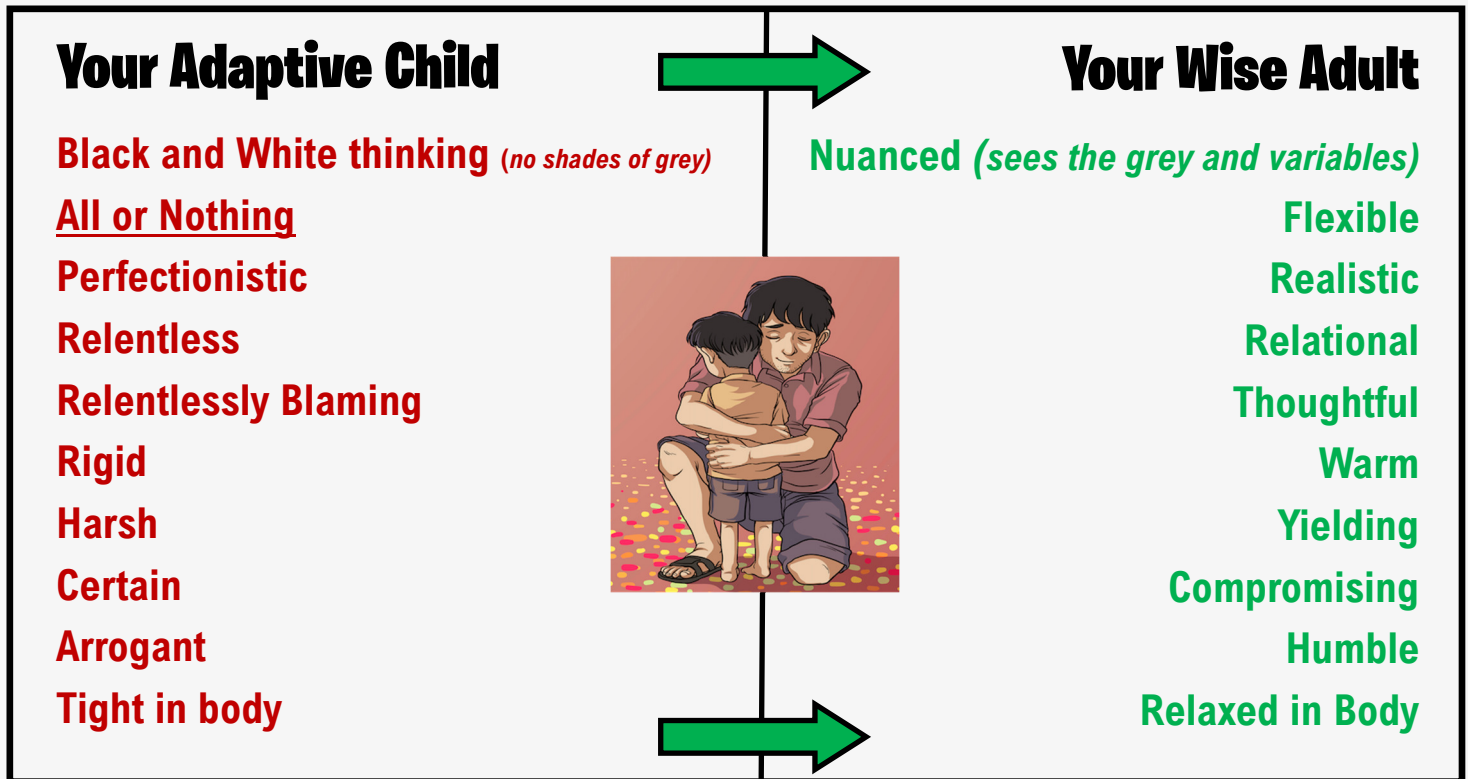


The 5 Losing Strategies of your Adaptive Child



Your Adaptive Child is **NOT** relational. He/She is a kid in adult's clothing!

Your Adaptive Child tendencies/triggers were a **reaction** to environment or **modeled for you**.

The 3P's of your Adaptive Child — Pouty, Petty, Pessimistic.

Losing strategies (of your adaptive child) in your relationship include:

- **needing to be right,**
- **controlling** your partner,
- **unbridled** self-expression,
- **retaliation**
- **withdrawal.**

Before you can move into repair, you must first move out of your losing-strategy or adaptive child responses and into a **wise adult self**. **Summon your wise adult!!**

In this way, you can turn toward each other using the **winning strategies**:

- **asking** for what you need,
- **listening** with a generous heart,
- **giving** whatever you can,
- and **cherishing** and loving each other.