



No More 5 Rs

Replace the [5 Rs](#) of conflict with simple solutions.

1. Something happens or is said, done, or not done, that results in me feeling **rejected**.
2. Rejection feels lousy, so I become **resentful** about feeling rejected.
3. In my resentment, I **resist** relationship with the person I feel resentful toward.
4. Resistance becomes action as **revenge**; the desire that you feel the same pain I felt.
5. **Repeat**. Unresolved, this cycle repeats until a relationship is damaged beyond repair.

Practice Makes Permanent

Aware of the 5 Rs in my life, how do I interrupt this destructive pattern?

1. Rejection: Something happens, is said, done, not said, or not done, that results in me feeling rejected. I'm feeling rejected when I make up negative stories in my head.

Solution: Stick to the facts. Do not make up a story about the facts.

2. Resentment: A negative emotional reaction, I'm stuck in resentment when I'm stuck in drama. ("She should ..." "He needs ..." "I'm not perfect but ...")

Solution: Gratitude. "I'm thankful she ..." "I'm grateful he ..." "What fun to ..."

3. Resistance: I shut down emotionally and relationally through silent treatment, no eye contact.

Solution: Engage. Make eye contact, have conversations. Get clear by saying, “The story I’m making up in my head about ____ is ____.”

4. Revenge: the attempt to get even. I’m in revenge is when I want another to feel hurt. (“Now he will know how it feels,” or “Serves her right.”)

Solution: Extend generosity. Give grace at the level we want others to give grace to us. When a person is unsafe, be generous elsewhere.

5. Repeat. Because I’m hurt, I am unkind and hurtful. I am offended and you are offended and in our offense we dive deeply into the 5 Rs.

Solution: Release others from your expectations of how they should act or behave.

For tips that work for relationships and parenting, see [*The Ten Best Decisions A Single Mom Can Make*](#) by Pam Farrel and PeggySue Wells.

Resources

[The Single Most Positive Step Toward Positive Change](#)

[Improve relationships with this list of healthy conversation topics.](#)

[Have Fun to be a Successful Single Mom](#)



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