

Strategies for dealing with the SUBJUGATION schema

- 1) see that you have a right to have your needs and feelings and to express them.
- 2) Express needs and feelings appropriately at the moment they occur (versus waiting until later, or not at all)
- 3) If expressed appropriately - people will generally NOT retaliate
- 4) People who consistently DO retaliate are not good people to be involved with
- 5) Not everyone is perfect. If someone does react strongly, but apologizes and makes a sincere effort to do better, they may be working through some of their own issues.
- 6) Seek out good people who accept your expression of needs, and keep a distance from those who do not