

# Positive Intent

Ever wonder what motivates people to do the irritating, hurtful things they do? Could it be that their horrible, angry words actually stem from a place of love? What would happen if, when listening, we could discover their positive, loving intent (which secretly motivated them to yell at us)—and speak it back to them? Unfortunately, there's a tendency in our minds to look for "what's wrong with" people, so it takes discipline to get used to looking for their positive intents! And, also unfortunately, since the person will rarely *tell* us what his or her positive intent is—we usually have to take a wild guess! However, once we discover their positive intent and speak it out loud—there is *instant* magic! He or she usually feels an almost overwhelming sense of gratitude, peace and relief!

## **The Crowning Moment (More About Positive Intent)**

"See me! Feel me! Touch me! Heal me!" beseeches the hero in the rock opera Tommy.

That for which we all yearn, that warm experience of being completely known, is maximized at the moment we hear our own positive, loving intent spoken back to us.

With regards to communication, positive intent is the jewel. Hearing our positive intent moves us and warms us to the bone.

Unconsciously we long for it.

Positive intents can include:

- Trying to protect yourself or someone else.
- Wanting to be closer, or more intimate.
- Wanting appreciation or respect.
- Counting on the two of us as a team.
- Needing to be true to your integrity.
- Wanting to have fun.
- Seeking new data or information.
- Wanting things to look nice so you can relax, or so others can relax.

Being deeply heard on one's positive intent returns vibrancy to relationships. First, we carefully observe the speaker's words or actions, especially those that seem illogical (or even cruel). Then we take a guess at what the speaker is actually trying to get across, focusing on his or her positive intent. Next, we let the speaker know we see and validate their positive intent.

Instantly, he or she thinks "AH! I've been deeply understood!!" Realizing he or she has been deeply understood, the speaker's experience automatically completes. The stubbornly "locked" position or behavior magically releases!

*LovingCommunication.com* ©2003 Fred J. Keyser 858 450 0189