

Applying the Compassion Quadrants

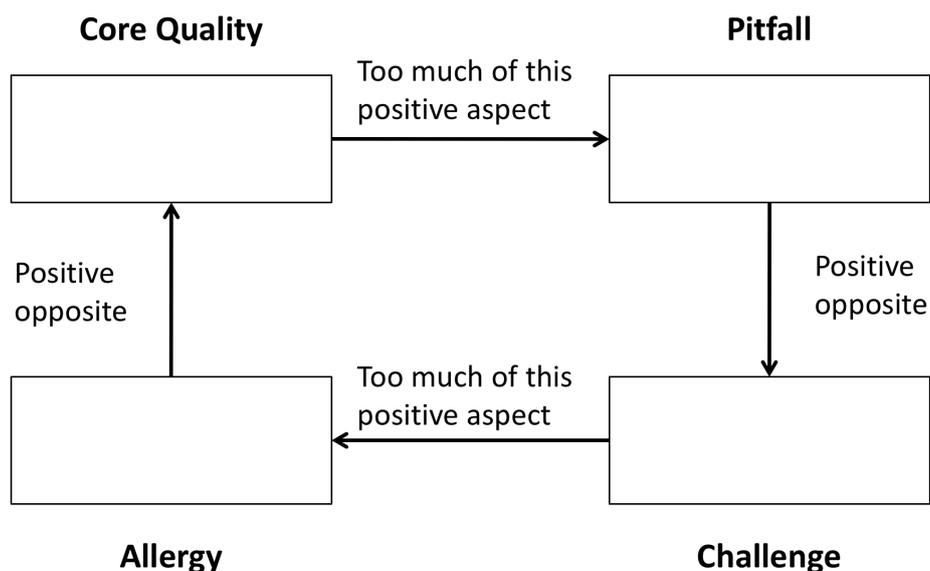
Since our main focus in this part of the D.U.E.T. process is to embrace and transform the root of interpersonal tension, understanding why the other person's behavior is bothering you can be used as an entry point.

Part 1: Create the Compassion Quadrant

These are the steps:

- Draw the four quadrants with four empty boxes (see visual below).
- Start with filling out the Allergy. This is the behavior of the other person that is bothering you. For example: pushiness.
- Then go up: fill out the positive opposite of the Allergy in the Core Quality box. For example: patience.
- Then go right: describe your behavior that is too much of the Core Quality. This is your Pitfall. For example: passivity.
- Then go down: fill out the positive opposite of the Pitfall in the Challenge box for example: proactivity.
- Then go left: check if the Allergy is too much of the Challenge. If that is not the case, try to refine the words you put in each box.

Important: It is more essential to feel what the exercise is doing with you than to have the exact words in each box.



These are a few examples of Core Quadrants:

Core Quality	Pitfall	Challenge	Allergy
Flexibility	Chaos	Organization	Rigidity
Courage	Recklessness	Thoughtfulness	Doubtfulness
Profiling	Arrogance	Modesty	Invisibility
Helpfulness	Interference	Autonomy	Indifference

You can find more examples in the Training Center on the website.

Part 2: Create the Double Compassion Quadrant

If you want to understand the other person better, you can create a Double Compassion Quadrant. You don't have to do this step. You can also just create the Compassion Quadrant for yourself and then go to part 3 of the exercise.

However, a double Compassion Quadrant can provide you with lots of insights about the other person.

You can start from any quadrant. However, most people find it useful to start from their own Challenge and use that as the other person's Core Quality.

Part 3: Insights and Actions

After creating the Compassion Quadrant, I invite you to look at it and to consider this:

- Understand that your own Pitfall is just too much of a positive quality. When other people react negatively, consider this a reminder to slow down and go back to the essence of the Core Quality.
- Understand that your Allergy is too much of a positive quality that needs more space in your life. The more you fight this Allergy, the more you block access to the positive quality of your disowned self. As a consequence, your primary self goes in overdrive to protect you. Then a Core Quality becomes a Pitfall. This gives tension with other people and tension in yourself.
- Be grateful for the other person helping you discover one of your own Core Qualities: the positive quality of a primary self.
- Be grateful for the other person helping you to discover one of your Challenges: the positive quality of a disowned self.

By taking a few minutes to go through these sentences, you will feel the compassion increase for you and the other person.

If you have created a Double Compassion Quadrant, look at it and then go through these invitations:

- Notice how the Pitfall of the other person is just too much of a positive quality. See if you can look through the negative behavior and find the other person's Core Quality behind the Pitfall.
- Observe how their Allergy keeps them from benefiting from the positive quality of a Challenge.
- Realize that their behavior is not who they are, but that it's just one of their inner selves pushing too hard.
- Recognize that both of you feel the tensions of inner selves and that you offer pointers to one another in the form of an Allergy and a Pitfall.
- See if you can accept this shared humaneness.

Again, if you take the time, you will feel an increase in compassion for the other person and yourself.

The increase in compassion usually creates more openness and willingness to take a new action. Decide which one is right for you:

- Applying the Inner Balance Technique (see below) to balance a Core Quality and a Challenge, to balance a primary and a disowned self.
- Using these insights to start a new conversation with the other person. You can use the tips regarding Compassionate Communication (see chapter 9) for even better results.
- Doing nothing yet, but come back to the (Double) Compassion Quadrant a few times in the next couple of days to let the insight in the dynamics between you and the other person and between your primary and disowned self sink in a bit deeper. Use these insights to change your behavior or react differently to other people's behavior. However, without balancing the inner selves, that will be a lot harder.