

## WFWP USA: Self-Care Isn't Selfish: Fierce Intimacy, Part 2

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**Kendra Stein presented "Fierce Intimacy, Part 2," drawing on principles from Fierce Intimacy by Terry Real. She opened with a powerful premise:**

"What is required for healthy intimacy is that we begin by transforming ourselves."

To reinforce this concept, Kendra shared the phrase "Into Me You See" as a memorable reminder that genuine intimacy starts with self-awareness and personal responsibility.

While the book focuses primarily on married couples, Kendra emphasized that these principles apply to all relationships - including parent-child dynamics, siblings, friendships, and professional connections.

### **Five Strategies for Healthier Relationships**

#### **1. Who Is Right? Who Cares.**

Healthy relationships are not built on winning arguments. Focusing on being "right" often damages connection. The goal is not victory - it is understanding and closeness.

#### **2. Shift from Control to Self-Reflection**

Attempts to control others reflect short-term thinking. Instead of focusing on changing the other person,

we are invited to ask:

What is behind my reaction?

What am I feeling or needing in this moment?

Lasting change begins with self-examination.

### **3. Practice "Trend Talk"**

Avoid triggering language such as "always" and "never," and steer clear of the "barfbag approach" - emotionally dumping without reflection. Before speaking, consider:

Is what I'm about to say kind?

Is it respectful?

Will it bring us closer together?

Intentional communication fosters safety and connection.

### **4. Avoid Offending from the Victim Position**

When hurt, respond without anger or accusation. A simple statement such as:

"Ouch, that hurt."

creates space for repair rather than escalation.

### **5. Healthy Withdrawal**

Taking a break can be constructive when done intentionally. Instead of shutting down, try:

"I need to take a break because I'm feeling overwhelmed. Let's talk again in an hour."

This allows time to reset while maintaining commitment to the relationship.

### **Participant Reflections**

The presentation was followed by a lively discussion and Q and A session. Participants shared personal experiences and practical applications of the strategies discussed. Many expressed feeling empowered and equipped with new tools to strengthen their relationships.

The overarching takeaway: meaningful intimacy requires courage, self-awareness, and a commitment to growth - beginning with ourselves.