Reply to at least 2

1. How does RCT differ some of the more traditional theories discussed in your readings?
2. According to RCT, what is the impact of disconnection?
3. According to RCT, what does it take for growth-enhancing relationships to occur? Do you agree with her thinking on this topic, if not what would you add/change?
4. “If the less powerful person can state the disconnection and bring attention to the pain caused by a more powerful person and the more powerful person listen empathically and is responsive, the less powerful person learns that she matters, that she can be relationally effective and can bring about positive change in a relationship. If, however, the more powerful person does not listen, responds with invalidation, humiliation or violence, the less powerful person learns to keep that aspect of her experience out of the relationship. She ceases representing herself in that relationship. With that often necessary self-protection, the relationship is weakened, mutuality is lessened and people often move into more chronic disconnection...” (Jordan, 2008, p. 2)
   a. What connections do you make between this passage and Interaction depicted in
      i. Color of Fear
      ii. Audre Lorde readings from last term, particularly that focused on anger? (Think about when anger births destruction, versus fosters change to paraphrase Lorde)
      iii. Other readings or materials covered within the HbSE sequence?

[Link to video]
Grow in and thru relationships throughout life – need relationships in our lives – no matter the person
Create equality and dignity in relationships
Neutral empathy, empowerment, engaging in a way that gives into growth to both people
Bunto philosophy– shared need
5 good things – feels a sense of spark, leads to empowerment, leads to greater clarity about relationships, greater sense of worth, then leads to more relationships
   - Growth- enhancing relationship occur with the 5 good things – and with a shared sense of positive energy
Do not avoid conflict – no rosey glasses, happy go lucky (Evelin Linder)
Need to represent one selves in dignified way – have respect for yourself to create a growth-enhancing relationship

Part 3: Celebrating the Power of Connection by Wellesley Centers for Women Dec, 12, 2011
[Link to video]
Isolation is source of greatest suffering – Jordan