



## Achieving Balance

Leveling and Editing is about knowing when to be clear and open and when to censor yourself. In order to do this properly, one must understand the benefits and limitations of Leveling and Editing. This also provides an appreciation for

these techniques.

Imagine a relationship in which you were 100% open and honest. No matter how good or bad your thoughts were, you shared them with your partner. Below write down what the pros and cons would be in this type of relationship:

<b>Pros:</b>	<b>Cons:</b>

Now imagine a relationship in which you were so fearful of hurting your partner, you didn't share your thoughts or feelings about difficult topics. You just avoided talking about painful issues altogether. Below write down what the pros and cons would be in this type of relationship:

<b>Pros:</b>	<b>Cons:</b>

Rate Yourself:

On a scale from 1-10, how often do you and your partner speak on the level?

On a scale from 1-10, how often do you and your partner edit hurtful comments?

Compare your ratings to your partner's. Does this seem like balanced communication? Discuss barriers that have impacted your ability to properly level and edit in the past.