

Fracking: Fixing, Rescuing, Advice, Complaining, Killing the experience

Ana and Monica

Ana: Hi, Monica.

Monica: Ana, I'm not talking to you.

Ana: Why Monica? What's going on?

Monica:

I'm so frustrated with how you turn up. I mean, you were the one who had planned that we do a session together, we do a partner call together, and then this is the second time around that you didn't turn up for the call.

Ana:

Oh, Monica, I hear you. And you know what? We can stay for a full hour right now, and we can do a practice call. And if you want to do another one tomorrow, we can get together tomorrow and do another full hour, do our practice call.

Monica:

Ana, I'm just not interested in it, because I've already had an experience. I mean, it has happened twice, and both the times you haven't turned up. I don't want to waste another hour with you, waiting there for you to ever turn up, so I'm not doing it at all.

Ana:

Oh, Monica. I imagine that this just feels really bad for you, but I mean ... Come on. Come on, just give me one more try. I know you can do it.

Monica:

Ana, you said the same thing last time as well. You said the same thing, and then you didn't turn up.

Ana:

Well, Monica, I mean, if you send me a text message ... Next time we're going to get together, just send me a text message five minutes beforehand, then that will do. I'll show up on time.

Monica:

Ana, I'm absolutely shocked. Isn't this your responsibility as well? Are you asking me to send you a text message? How about putting it in your calendar? What if I forget?

Ana:

Well I mean, it's just so hard, Monica, because you are in Australia, and I'm in the US, and I'm on Pacific Time, and I have to be tracking the time zones, and it just makes it really hard for me.

Monica:

It's hard for you? Don't you think it's hard for me? I feel so disrespected. It's been going on and on, and I'm ... I mean, I'm good friends with you. However, there is a limit to all this. And I'm not taking it.

Ana:

Well, Monica, I don't know what's the big deal. I mean, it's only been like two times that I did not show up. And today I showed up, I was just a little late, so I don't know what's the big deal.

Monica:

You're not taking any personal responsibility. You're not even listening to what I'm trying to tell you. I mean, you've already got a response in your mind.

Ana:

But Monica, I have another idea of how we can fix this. Just hear me out, okay? Hear me out. I have an-

Monica:

Another idea? Ana, I'm done with this. Ana, I am leaving. All right? So I'm not listening to you because you are not listening to me. You're constantly responding, and you're not understanding me at all.

Ana:

But, Monica, I mean, just hear me out, okay? I have one more idea. Just hear me out.

Ana: Monica?

Ana:

Monica, are you there?

<u>Ana:</u>

Monica?

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HOW TO WORK THROUGH CONFLICT IN YOUR HIGH-STAKES RELATIONSHIPS