

The Couples Cure

Miraculous Recovery for Couples on the Brink

Phase 1: Getting Real With Yourself (Turning Inward)

Lesson 1: Pattern Interrupt

Part 2: Removing Internal Barriers

Now that you know where you want to go. You have created your relationship vision. You've gotten kind of clear on what you desire and what you want, instead of where you are and what your problems are with the marriage. You have your destination. Now we're moving into taking the steps to get there.

In coaching, we're obviously always focusing on strategy, action steps, the tools and the skills to get there. There's a lot of strategies involved in coaching as opposed to counseling, where we're really integrating our insights to take action and create a different lived reality. But the first thing we have to do is to start looking at what might stop us along the way because things will crop up internally that will derail us. No matter what great action steps we might have and no matter what strategy I can share with you, we have to know how to deal with these internal barriers when they come up. We're going to start with this at the outset. Then continue this throughout the program. Hopefully, this is something that you'll use really as a lifelong tool that anytime you notice something is cropping up, that's getting in the way of where you actually want to be going, that can be ripped out like a weed in the garden. I'm excited about this! This is actually really fundamental and foundational to the program. I'm gonna go into a little bit more detail than I did in the previous lesson on this.

What we're really talking about today is making sure that we have the right beliefs to support the story that we're creating. Last lesson, you guys were really focusing on being the author of your experience, deciding what your relationship is going to look like, getting really clear on that and connecting with that every day. Now, I'm going to take you through the seven-step process. There's a couple of things underneath this section of removing internal barriers -- one is there's a seven-step process that I'm going to help you internalize for anything that crops up. Like any problem in your relationship can be flipped into a new narrative. You can get clarity not only on what's bothering you, what's tripping you up, what needs to happen, but also to be able to identify the limiting beliefs that are in the way and/or the more affirming beliefs that you need to internalize to craft a positive belief statement. Then internalize it at the deepest level that will support the story that you guys are working on right now.

1. New habits will stick - no setbacks

The benefits of doing this are that the new habits that you're building are actually going to stick. You won't have as many setbacks. On this journey, there are obviously going to be setbacks. I always say it's never just like three steps forward and then another three steps forward. It's like three steps forward, one step back, three steps forward, two steps back. That's just part of the reality. But when you do the internal belief work and when you really are able to recognize when the stuff inside of you is getting in the way of where you want to go, and you can internalize what you need to believe at the subconscious level, then you're not fighting with yourself. You're not going to have any backsliding. The changes are going to be permanent. And that's really exciting!

2. Feel better now

The other thing this is gonna do is help you guys feel better now. In other words, you don't have to actually wait until the conditions in your life or the dynamics in your marriage change in order to feel better now. What I'm going to teach you actually helps you connect with what it is that you're desiring, what it is that you want to create, and feeling it like as if it's already true or getting excited about how great it's gonna be when it is true. There's something about getting into that state internally. Being able to really connect with the good feelings of where you're going and how amazing that actually is and it's gonna feel. And the release of some of the negative feelings that you still might be stuck in now. When you feel that, you can create what you want so much easier. There is something about that that just makes everything go faster. It's like a quantum leap, in terms of transformation. It helps you feel better. So you're more clear mentally because you're clear emotionally. Then

not only are you more able to take action but the way that you feel when you take the action actually informs how that action plays out around you. And if you haven't experienced this yet, you're gonna have to take my word for it and just trust me on this. And if you have experienced it and you know what I'm talking about, just remember that now you're going to be able to leverage that phenomenon throughout this process.

3. Overcome the secondary gain

The third thing that's going to help you with is overcoming any secondary gain that you might have from staying stuck. The thing we have to remember is that there's always good reasons according to our subconscious programs, and our psyche and those old programs, we have reasons to stay stuck. Even positive changes will bring grief. Positive changes, welcome changes, will bring discomfort and pain. The unknown can be really scary. Those old programs want us to stay comfortable in what's familiar rather than break out of that. So when you recognize there is secondary gain. You might already be aware of what that is for you -- maybe it's avoiding the grief, avoiding the pain of having really challenging conversations or the fear of releasing resentment or the pain of forgiveness and all that stuff -- you'll be able to actually transcend that and overcome that with the work that I'm going to teach you right now.

7 Step Process to Breakthrough

Let's start first with the seven-step process to breakthrough. This is a set of seven questions that you can ask yourself in order. A couple of you have done this already. For the sake of this exercise, I'd love it if you guys could pick something in your marriage. You guys have already done like a macro vision of your relationship, just pick one specific thing that's a problem area right now. Apply this process to that step-by-step. I'm going to give you an example with a couple that I used to work with as well to help apply this to a real situation so that you can see it beyond just the theory and actually how to apply it.

1. What is the standard I'm not meeting?

The first thing you want to ask is when you're looking at this issue or this problem is *what is the standard that I'm not meeting?* What I mean when I ask that question is, *what is the thing that you desire? What is it that you want to be happening that isn't?* You're really looking at the gap between where you are and where you want to be in a particular area.

Using this couple as an example that I worked with before, their standard that they were not meeting was they wanted to be able to have a really collaborative co-parenting relationship. They wanted to be a unified front and to be able to hold boundaries as a team with their daughter. They felt that that was the standard that they had. That was the vision that they both wanted, but they felt that they were not able to have that. Whatever it is for you, go ahead and write that down. What is the thing that you wish you had in your marriage that you feel that you don't -- whether it's a dynamic, a situation, a way of communicating, anything.

2. What is the story about that standard?

Then once you have that, look at question number two -- *what is the story about that standard?* The story about the standard, for example with this couple that I just shared, her story was: *we just can never agree on anything. He's never gonna hear me and I just don't agree with him and we just cannot see eye-to-eye. So there's no way that we can do that.* His story was: *even when we do come up with an agreement or a compromise and we feel like, "okay, this is the plan." Something comes up and we never stick with it.* That's another example of a story about that standard that they're not meeting. Another story - this was her story: *what we want is mutually exclusive. If I were to have what I wanted then that would necessitate that he can't have what he wants.* Because they actually cancel each other out, there is no way to do that. They had their story and their beliefs about that. They had a lot of evidence which is the third question.

3. Evidence for this old story?

What is the evidence for this old story, which is really what it is. The standard that you're not meeting in the story that you have about it, you probably have evidence for that. I want you not to spend too much time on this part. What we focus on grows. The purpose of this is we're going to be flipping the script and we really want to be bringing our attention to the things that we want and what that looks like. So I don't want you to spend too much time ruminating on the evidence for where you are now and if it's not where you want to be. But it's just to kind of highlight how this works that we can find evidence for anything that we're focusing on. Okay? So just real quick jot down a couple things. I'm sure you have some evidence. This couple that I'm using as an example had many examples of times where they ended up arguing about parenting in front of their daughter. And their daughter not respecting the boundaries because she didn't really believe that they would hold them because they were always changing depending on who won the argument that day. They could point to a lot of examples

of why their standard is not possible or whatever the story was that they were having.

So, ask yourself, write down maybe three things max, *what is the evidence that you have for the old story?*

4. Who would I be without this story?

Then, this is where we start to pivot and this is the fun part! You ask yourself, *who would I be without this story? Who would I be without all the evidence that I have and the story about the standard that I'm not meeting?*

For the example that I was giving, what she said was: *I would be a relaxed parent and a very connected spouse. I would be a respectful and supportive co-parent. I would be someone who backs my husband and who never undermines his parenting choices.* He said: *I would be an effective parent at holding limits. I would be somebody who could hold the limits with love, in that sense of connection with my spouse.*

So take a minute and ask yourself, *who would I be without this old story?*

Have fun with it! Even if you think it's not possible. Even if it feels like fantasy, kind of like when you did your relationship vision. But this is just a little bit more specific -- *who would you be?* And have fun with that!

5. What is possible without this story?

When you think about number four, and you're thinking about who you would be without that old story, given who you would be and given that the story is no longer there, *what is actually possible?* This goes even beyond you. This could be something like a big picture like, *we would be able to agree on a compromise.*

For this example, the wife said: *We would be able to find and integrate the spirit of what each of us wants in our parenting. We'd be able to come up with something that truly worked for both of us and that we could execute consistently.* He said: *We would be able to have clear loving boundaries that are consistent for our child.* Then that became an even a bigger picture of what was possible for their family. *Our daughter would be safe. Our daughter would feel relaxed. Our daughter would accept our boundaries because they're rock solid and they're loving and they're consistently feeling connected.* That has possibilities for the legacy of their family. They could say what's possible -- *our daughter will not have to transcend the old stories that we had to.*

She will have a different legacy. Her default mode will be what they had to work for. They'll be able to pass that on to their daughter. That's like getting into the possibility of a family legacy. So think big! Think about what's possible for your health, your family, and your future. Whether that's financially or emotionally, really think big on this one. This goes beyond your identity.

6. How do you know that this (new story) is true? (Write this down... "I am...")

You ask yourself this question once you flesh this out, *how do you know that this new story, these new possibilities, is true?* You're going to be looking for references to support this. There's two ways you can do this.

One is you're gonna look for actual examples. For this couple that I was using, they actually had a couple examples: *There was that one time where we were really a good team and we were on on each other's side and we held the lines and it went really well.* They had a couple of examples, but they didn't have many. If you don't have any examples of how that the possibility without the old story and who you are without the old story is true, then I want you to answer it in the form of "I am..." It becomes about your identity in this case.

For this couple that I've been using as an example, she said: *Well, I am a fair person and I am able to negotiate. I am able to find a compromise with people. I am somebody who can problem solve. I am somebody who is respectful of what my spouse thinks even if I disagree. I am somebody that remains calm even when something is really high-stakes. I am somebody who can use my voice and advocate for something very important to me even with someone who has a really strong opinion that's different than mine.* That's what she started to do and write that down about herself. And that was already true. He wrote down things along the line of: *I already am able to empathize with my daughter. I already am able to have an emotional connection while I'm holding a boundary and while I'm holding luck. I already am somebody that knows how to work as a team.* When they thought about their identity, they didn't have to worry about examples, like actual references, which I do think is important if you can find them. If you don't, what's great to tune into is who you already are and when you answer it in the form of "I am," you're actually setting up the belief work that we're going to be doing shortly.

7. Identify beliefs and actions to condition the change

The seventh step is absolutely essential. You have to identify the beliefs and actions that you need to condition the change that you're making in the new story, when you want to condition that. We're not going to be focusing on actions for this part. In this lesson, we're really focusing on beliefs and the internal barriers, but as a general rule, you're going to be looking for both. It's super important to be able to answer the question: *What actions do I need to take to create the new possibility and what beliefs must I have at the deepest subconscious level in order for that to be really easy to do?* If you don't do this, you're just going to be having to learn the same lesson again. So you definitely want to make sure you do this or you just be learning the same lesson over and over again. It's not enough just to be able to identify those beliefs and say, "Yep! that's what I need to believe." You actually have to condition those beliefs. I'm going to teach you how to do that in just a minute. The good news is, it's absolutely possible. It's super clear and easy when you follow this process. By the time you answer these questions, you're in a much more positive, productive mindset, where you have something that's actionable. You move out of being stuck essentially with these seven questions.

Take your time if you haven't really fleshed out all the answers to these questions. You can just go ahead and pause this lesson. Take your time and answer these questions as thoroughly as you possibly can. Come up with as many answers to each thing as you possibly can. Then when you're done, then you can hit play again. And we'll move into how you can actually change your limiting beliefs.

Changing Beliefs

Now we're gonna move into the part where we actually internalize these new beliefs that we must have so that we can condition our new possibilities and our new stories and reach our relationship vision. For those of you that have known me for a while, you know that I think beliefs are everything. We cannot overstate the importance of this aspect of the program.

And I love this quote by Henry Ford, you might have seen this before, **"Whether you think you can or think you can't, you are right."**

Every single thing flows from what we believe. We show up differently physically. We show up differently emotionally. We show up differently energetically. All from what we believe. When we change our beliefs, how we show up changes and it's largely not even conscious. We might not even notice that that's what's happening but the world does. The world responds to us based on what we believe. If you imagine somebody that walks into a party, and you don't know this person but they just sort of communicate non-verbally that they're really comfortable in their own skin. They're just kind of looking around. They appear very relaxed. They are very present in the moment. They're taking everything in. They're just communicating self-confidence. They trust themselves. They feel comfortable with themselves. And so, people around them feel that way about them too. You feel drawn to them. They feel like a safe person to approach because they've communicated that to you. You might not even really know how they've done that. You might not even consciously be aware of that and they might not either. If you flip it around, if somebody walks into a room and they seem really unsure of themselves, very uncomfortable with themselves, not sure of what it is that they're saying or if they should even say what they're saying, then you also won't really trust what they're saying. We have the power with our own beliefs about ourselves and what we expect for ourselves to influence other people's beliefs about that very same thing. It is really cool and powerful. I think that we forget how much power we have in this area. If anything, I mean obviously, I'm going to teach you the technique, but the biggest takeaway that I want you guys to get from this lesson is to know that you have the power to actually do this. That's where it all starts. If people think they really don't have the power to do this, then they're just not going to condition it and they're not going to get to realize the power that they actually have to do this.

Based on the seven steps that you just did to kind of bust the old story. You answer that question, *who am I without this old story or this old problem and what is possible without that*. I mean and I asked you to answer in the form of "I am.." Now you're gonna take those sentences and that's gonna set the stage for crafting really powerful belief statements. It's gonna be around identity otherwise, obviously when we say "I am.." that's an identity. You're gonna use this formula to craft belief statements that you can make around not just identity but worthiness around readiness and around safety. Those are some of the core areas. Have a look at what you were just writing. Let's see if we can't turn one of those into a really great belief statement.

How to craft a powerful belief statement:

1. Present tense

The first thing you have to remember when we're crafting a powerful belief statement is, it has to be in the present tense. You're not gonna want to say something like, "I will or I can." Even if you say "I can," that could technically be considered present tense because right now, in this moment, you have the potential. Anything where you're talking about the potential, it feels a little bit like you're living in the potential of it and not the actual lived reality of it. So even if you say, "I can be a safe haven for my spouse," or "I will hold space for my family," or "I can love myself," that even isn't as present-tense as I'd like it to be. You'd really want it to be like "I love myself," "I hold space for my spouse." It'd just make it really powerfully in the present tense.

2. Short and sweet

The second thing you want to do is you want to make it short and sweet. Make it really simple because when you're doing the exercise, that's going to help you internalize it. You don't want to have to be tripped up on the words. You don't want to have to be reaching in your mind cognitively for what was that sentence again. And getting tripped up on the actual words. You want it to be something that's easy to remember. Also, it's just more powerful that way I think. It can, of course, be very descriptive and it has to be something that resonates with you. You can throw in some adverbs there, like, "I am confident." That would be a really short one. But you could make it even more powerful by saying, "I joyfully show up in my confident energy," or "I easily respond confidently in certain situations." That was not a really great example, but you get the idea. You can make it powerful. You can add some things into it, too, so that you feel like you're resonating with it emotionally and still keep it really short. A lot of people make a common mistake of putting a bunch of things into one sentence, like, "I am kind, respectful, loving, and strong, in certain conversations." That's a lot of different things at once. You could do them all at once, if you can really connect viscerally with all of them at once. But it's just a lot harder. So for those beginning stages, if this is something that you're just doing for the first time, I would separate those out each into their own sentence. Each belief statement is going to be its own sort of concept. Then you can have a lot of different concepts or a lot of different statements around that same concept. Like, if the statement is, "I am worthy of a healthy relationship." You could have another one that says, "I am ready, willing, and able to have a healthy Relationship," "I enjoy having healthy relationships," "It is safe for everyone around me for me to have a healthy, authentic relationship." There's different nuances to each concept. That's why, when you break it down, you can actually be more thorough because for each simple statement that has one concept in it, you can craft something that accesses a different angle on that concept. Safety, willingness, readiness, worthiness, all of those different things. I'll help you with this. But if you start getting in a habit of writing them in this way, then we have a lot more flexibility later on.

3. Positively stated (avoid "not" or "no")

The final thing you have to do is keep it positively stated. What I mean when I say this is you don't want to have any reference in the statement to the thing that you do not want. Even if you have a "not" or a "no" or release in front of it, like some people will say, "I release my fears." Well, the word "fears" is still in the statement. You don't want that. Your subconscious mind is very literal. It's not gonna be doing all that filtering out for you. It's not gonna be doing a lot of interpreting. It's just gonna hear what hears and it doesn't really distinguish. It's sort of like, I'm thinking of an example of my kids when they were really little, they'd be climbing all over the furniture and I would say, "don't climb on the couch," "stop climbing on the furniture." But I was still talking about climbing on the furniture. When I realized I should focus on what I want and not what I don't want, and I started saying, "keep your feet on the floor." Then they could focus on their feet on the floor. They didn't have to think, "Oh, not the couch, what instead?" They didn't have that ability to make that interpretation, they were too little anyways. We're obviously older and we can figure that out, but we don't want to make our subconscious mind have to do any interpreting. We want to eliminate any resistance or any confusion to that aspect of our mind because it's not the most intelligent part of our mind. It's not very intelligent. It just plays back to what we've already heard. For example, if you wanted to put something like, "I am not afraid." You don't want that because you have the word "afraid." Even if they have the word "not" in there. Instead, you would positively state it like, "I have courage," or "I live in a courageous state," or "I am courageous." Whatever it is, but it has to be positively stated. Does that make sense you guys?

If you have any questions about this or if you need any tweaking or support, then please make sure that you go into the group. Ask your questions and post your statements. Let me know what you're going for and I can help you out with that. I think it will also help other people who are working on their statements, too. If we can see how one statement could be fleshed out and transformed, we see that in other people's, we can apply it to our own as well.

Now that you know how to craft a belief statement. Now, it's important to be able to internalize it into our bodies, into our subconscious mind. The subconscious mind is actually in the body. That's why our body reacts to trauma. That's why we feel things in our body or why we have physiological reactions to certain things, to thoughts, or to certain situations that remind us of something that happened in the past. Once we have a belief statement and we're just telling it to ourselves superficially and we're only engaging that frontal lobe of our brain, or our cognitive mind, then it's not going to go all the way in. That's what's really important. That's sort of like the missing ingredient that I think cognitive behavioral therapy doesn't incorporate the subconscious mind in its work. I love CBT (Cognitive Behavioral Therapy) and I love the premise of it - that when you change your thoughts, you change your emotional states. That's true! But if you're just telling yourself something you don't believe, then it's not really going in. It's not gonna work. What I'm going to teach you now is how you can actually internalize it into your gut in and into your body. If we don't do that, then the things that you're working on, they're just not going to be able to stick. You're always going to be kind of having that background resistance to the changes that you're making.

Internalize into your subconscious mind

In order to internalize your new beliefs into your subconscious mind, there's four things that we're gonna do:

1. Activate both hemispheres of the brain with the *whole-brain posture*
2. Visual Exercise
3. Auditory exercise
4. Kinesthetic exercise

They have to be done back-to-back together all at once. All of this happens together at once. Just one by one, I'll explain each thing.

Whole-Brain Posture

The whole-brain posture is essentially a really simple way to activate both hemispheres of the brain at the same time. Modalities that go really deep are the ones that draw from split-brain research. Split-brain research has shown that when both hemispheres are activated at the same time, then we're in a much more receptive state to the information that we're receiving or the information that, in this case, we're giving ourselves. Usually, we favor one side of our brain. We have two hemispheres of our brain and they're not connected except there's a corpus callosum that connects those two hemispheres. But there's things that we can do that will actually get them activated at the same time to create that more whole-brain state. What that means is, we're in a calm receptive state. We're able to access all of the things that we know. It's like the opposite of fight-or-flight. It's a very nonreactive present way of being in the world. It's a very relaxing state. There's a lot of different ways to do this. It's through what's called bilateral stimulation. There are lots of different ways to create bilateral stimulation. EMDR uses that. If you think about old-school hypnosis with the pocket watch swinging back and forth and the person's eyes going back and forth and back and forth, that's bilateral stimulation - the eyes are crossing the midline of the body. Any action that crosses the midline of the body actually does create a whole brain state. The reason I'm choosing the whole-brain posture is because it's just the easiest, most relaxing thing that you can do. It requires a lot less thinking. There's so much going on in this program already. You're already using so many emotional resources that anytime I can just simplify it and just make it really easy. That's what I'm gonna do and it's honestly just as effective.

The whole-brain posture looks like this image here (*to see the image, please skip the video to 29:03*), where you had this lady, her ankles crossed and her wrists crossed. There's a couple of different ways that she does this -- one her arms are up and the other her arms are down. That's just to show that it doesn't really even matter. Any position is fine. You can be propped up on some cushions on your bed. You can be in a really comfortable chair leaning back. As long as your ankles and wrists are crossed, you're in the whole brain posture. She's got her fingers intertwined right there. You don't actually have to have your fingers intertwine if your joints hurt or if that's uncomfortable for you. I like that because it just holds my hands into place. It just feels secure for me. But as long as the wrists and the ankles crosses, it doesn't really matter how. There's other things people can do if you guys are into this kind of thing, you can look this up. There's tapping alternate knees with your hands. There's all kinds of things you can do to activate a whole-brain state if you want to look into it further. For now, I just would recommend doing this. At least for the first few times so that you can kind of get the hang of it. Then you can always expand your repertoire on different ways that might resonate with you.

Visual Exercise

Once you're in the whole brain posture, then you're gonna move into the visual exercise. And that's really just asking the question:

1. What do you see with your eyes?

What do you see with your eyes, literally, visually, if this belief is true? If I use this example of this couple from before, where one of the things that she was working on is: *I stay calm while I advocate for myself*, it was something along those lines. The question was, *what do you see visually that tells you that that's true?* Like if this was true a hundred percent and you knew this was true, you were already living this reality and you knew it without a shadow of a doubt, *what would you actually see?* It could be like, *I'm using my hands when I'm talking because I'm really animated and serious about what I'm talking about. I have like a half-smile on my face because I'm really relaxed. My facial expressions are really relaxed. My spouse is listening. He's watching me. He's looking at me. His face also looks relaxed. He's leaning toward me a little bit --* things like that. Sometimes people will say, "I look relaxed." Then I would want to ask a more specific question, *what are you seeing literally with your eyes it tells you that you're relaxed? What is relaxed look like?* You can get very specific.

2. Who are you with?

Who are you seeing around you? That's another question you can ask for this visual exercise.

3. Where are you?

Are you in a room in your house? Are you outside? Are you at a party? Whatever you're imagining, what is the setting that you visualize?

4. Body language and facial expressions

What is the body language and the facial expressions that would indicate the visual evidence of your belief, the new belief? This can be tricky because we slip into feeling and we slip into speaking very generally about a mood that might be true. We're gonna get to that with the kinesthetic. But I want you to know what does that actually look like. I want you to know exactly visually what would be telling you that this belief is true.

Auditory Exercise

Then we move into the auditory exercise. This is just what does it sound like if this was true.

1. What do you hear other people are saying?

For this example, I asked my former client: *What do you hear other people saying about you or to you?* What she imagined was her husband saying: *I really get what you mean. I hear that, let's figure out how to incorporate that.* She might be hearing her daughter say something to her like, *I've noticed that you and Dad are more peaceful lately.*

2. Self-talk?

She might also have something that she hears inside her own head like self-talk. What are you hearing yourself say to you or about you more about the situation? It could be something like, "Wow! That wasn't so bad," or "that was easier than I thought," or "I can do this like I know how to do this already." What is the self-talk that would indicate that your belief is already true?

3. Other sounds: *Music, nature, laughter?*

Then there could be of course other sounds like the sounds of laughter, music, or sound of nature. One of my clients, one of her beliefs was about staying calm. One of her sounds was her dog snoring. It was so peaceful at home. Things were so relaxed that her dog was laying right next to her and was snoring because he was asleep. Whatever pops into your head, just go with it. Some people are more auditory than visuals. Some people are more kinesthetic than visual. You might be having an easier time with one of these as opposed to another one of these exercises and that's okay. But I want you to do all three of them anyway. Just do the best that you can. Flesh them out as much as you can. You might find that, "Gosh, I came up with a ton of visual but hardly any auditory," that's okay. Just ask yourself these questions to kind of prompt.

Kinesthetic Exercise

Then finally, the kinesthetic exercise. That's where you go into the feeling of it. What does it feel like to know that this belief is true? What did it feel like for my former client to feel like she knew she can always stay calm while advocating for her point of view knowing that they were gonna find a solution? What does that feel like?

1. Close your eyes

Whatever it is for you, first, you're gonna close your eyes. Remember, you're still in the whole brain posture. You're gonna close your eyes and really go into the feeling of it. The feeling of that belief. One thing that helps a lot of people is, if you've ever had that feeling before. If you've ever had a similar belief that there was a time when you thought that this was true. Was there something similar that has been true for you that you can tap into from your past experience? That's the easiest way, if you can tap into a memory of that feeling. If you don't have that, that's okay, too. You just use your imagination and ask yourself the question, *what would it feel like to know that that was true? What would it feel like if this was always true and we always had this happen, how amazing would that be?*

2. Where do you feel it in your body?

Then, *where do you feel that in your body?* Tune into the feeling. Moving out of thoughts but just going into the emotion and the sensation of that. One really quick way to get there is to ask, *where do you feel that in your body? Is it in my chest? Is it in my belly? Is it on my shoulders? Is it all over?* It could be in your extremities. *Is it in your head?* Really tune in to where is it in your body.

3. Does this feeling have...

- *Color?*
- *Temperature?*
- *Shape?*
- *Texture?*

Some people will immediately have imagined a color, like, *yes it's blue. It's like this pale baby blue.* And it's very specific. If it's not, it doesn't have this for you. Don't worry about this. Just ask yourself this anyway, *does this feeling have a color? Does the feeling have a temperature? Does the feeling have a shape? Does the feeling have a texture? Is it diffuse? Is it like mist? Is it squishy? Is it a circle? Does it not have a shape at all? Is it kind of warm?*

Just tune into it a little bit and you'll kind of get to know how things feel for you. This is really tuning into the nuances of what our most subjective experience is. Then once you've done that, you've done the visual. You've done the auditory. Now you've done the kinesthetic exercise. Your eyes are closed. Now you're going to repeat the belief statement that you created until you feel a shift in the resistance to the new belief.

Repeat the belief statement *until you feel a shift in the resistance to the new belief.*

This does require a little bit of an explanation because I get a lot of questions about *what is a shift? How do I know if it's a shift?* The short answer is, it's very subjective and personal, and that's something you have to get to know for yourself what that is for you. And I'll give you some examples. For me, a shift is I yawn. I either yawn or it'll just start to feel true like it's just self-evident and now it's almost boring. It's so true that it's almost boring, like, I'm talking about, I'm wearing a red sweater. It's not a big deal. It's just true and that feels like a shift for me. For some people, it's very dramatic, like, it lights behind their eyes or they might just feel their body relaxing or they notice their breathing changed or they sigh. When I used to do face to face, I can sometimes see their facial expressions change. I can see them shift. We're gonna be very subjective and it's gonna be very personal to you. Stick with it if you're not sure. One thing that you can do is muscle testing to confirm if the belief has been internalized. I'll get into that in just a minute. That can help you if you're in doubt, you're like, *was that a shift? Well, I can test it out.* But for now, don't sweat it too much. Just do it until you think you felt a shift in the new belief and try it on for size and see if you feel like you're able to access the truth of that belief throughout the day or tomorrow.

The other question that comes up too is, *what is resistance? How do I know what my resistance is?* Resistance is anytime you're having thoughts or memories to the contrary of what you're saying. If the belief statement is, *I calmly advocate for things that are important to me even when my partner disagrees.* The thoughts that were contrary would be memories of all the times that that wasn't true, all the times I got really upset. That's resistance in the sense of my psyche saying, "Yeah, but remember this, that's

not true yet. That's not true." That's okay, you want that to come up. You want to notice that and then just go back to the belief statement. It's sort of like a meditation. When you're meditating and you notice your mind is wandering and they say, *okay, notice the thoughts and go back to your breath*. It's the same thing here. Notice the resistance, notice of the thoughts to the contrary, notice the old memories, don't judge it. Notice it and just acknowledge it and release it and then go back to the belief statement. You want to let it up and out. It's just coming up and out. You do that until you finally feel like there's been a shift in that resistance. It can also just be a lot of negative emotion. Some people when they're doing a belief will have tears. It will feel very emotional. It might be grief because it's like when you're now moving into the new statement and the new truth of what you're creating, people can then feel sad about for all the years that that wasn't true. That's normal. I wouldn't even really call that resistance. I would just call that the normal emotional response of growth. There's always emotional residue when we have growth. That's okay, too. Just feel it and keep saying the statement until you feel a shift. The shift might be like, *I feel less emotional or I just feel calmer*. Try it on for size and see how that goes.

One last thing I want to say is that sometimes you might notice that something else pops up that needs to be addressed and it's not resistance. It's maybe something more fundamental that needs to be addressed before you finish the belief statement. I was just doing this the other night with a client. She was trying to do a belief on how she shows up for her husband or her loved ones. In the doing, she realized that she needed to do that for herself first. She had a strong intuition. She just kept having thoughts and this intuition that kept pulling her back to that. Even after some of the other like resistance had passed. And she brought it up to me because I was guiding her through it. I just treated that not as resistance but this is your intuition telling you we need to go do that first. Your psyche is telling you, "Let's move in that direction." Let's just put a pin in the belief you were just doing about how you show up for your loved ones. Let's craft another belief statement about how you show up for you and give yourself that first. That's more fundamental. Once you're done with that, then we'll go back to the original belief statement that we did. If something like that crops up, where you're like, "I feel like there's actually a more fundamental core belief that needs to be balanced first before I move into this one," that's okay. You're writing these down anyway. You're not going to forget. It's not that precious of a process. You can switch gears. Do a different one and then come back to it. But just keep track of the ones you're working on. Keep a running log in your journal. I'll get into that in just a second.

Muscle Test to Confirm

But I do want to mention muscle testing. For some of you that are clients that have been in my program for a little bit longer, you know that I've talked about muscle testing. I did have a whole section on that in the previous curriculum. I'm changing that to "it's optional." If you're interested in it, I will teach it to you. Or you can go to Youtube and look up muscle testing. Briefly, I'll just tell you the reason why I incorporated it and why I think it's a cool optional tool. That's because our subconscious mind is in our body, our body will tell us answers that our cognitive mind might not know. Consciously, we think we believe something. We think we really know something, but subconsciously, we haven't really fully adopted that yet. Muscle testing is a way that we can find that out. Essentially it's kinesiology. It's used in chiropractic care. It's used in sports medicine and has been for a very long time. It can be used in allergy testing. It can be used in all kinds of things.

But we use it in this context to test to see, *did I internalized that belief?* The idea is that your muscles will provide you will be strong if you believe what you're saying or if you feel good about what you're saying. If you're fully aligned with what you're saying out loud, you'll test strong. If you're not, you'll test weak. Maybe you've seen that where one person holds out their arm, straight out of their body that's parallel to the floor and perpendicular to their body. They'll say a statement that is absolutely true. "My name is Monika," would be an example. Then somebody presses down on my wrist. While I'm thinking of the truth of what I'm saying, they press down. If I know that that's my name, there's no doubt about it. My body is in alignment with that. If there's going to be a fair amount of resistance to that pressure that they're putting on my arm. If I said, "my name is Bob," and they press down on my arm, it's gonna test weak. You're not thinking about your arm. You're thinking about the truth of what you're saying. In the back of your mind, you're like, *I'm trying to just hold my arm steady*. But your muscles sort of unlock and you'll have a weaker response to something that either you don't believe or you are not feeling good about. You'll test weak for something that you hate. If you're thinking about something that you really really hate that just makes you feel contempt, you're gonna test weak. If you think about something that makes you feel really really good, you're gonna test strong. It's just such a powerful way to experience the truth of how our body really does keep the score. Our body really does tell us. It gives us clues. It will get weak and will have a lower immune system when we're spending a lot of time in negativity and thinking about things that we really don't like. We get strong and we get powerful when we spend more time thinking about things that are true and things that we like. This work is going to help you actually make those two connect. You're going to be able to create more of what you like. You're going to be able to change what is true. That's the exciting part I think on this journey! Let me know if you've any questions about muscle testing. Honestly, you could probably find a lot of videos on YouTube about that to do it with someone. I

highly recommend doing it with someone first, whether you're doing it with your spouse or if you want to do it with a friend that you trust. Try it with another person first before you move into self-muscle testing. That's a general rule. Although I had a couple clients who really connected very easily to the self-muscle testing. There's several ways to do that. Just YouTube it. You can also look in the files section of the Couple's Cure Facebook group. There is a whole list of compilation of resources that Karina has put together, from things that people have shared that they found really helpful. I do believe there is something in there on muscle testing as well.

- This is a Life-Long Skill

My hope is that this changing limiting belief is going to become a lifelong skill for you guys. Not just something that you're going to be doing in this program. It's definitely not something that you're going to only be doing in this week of the program. I'm teaching it this week but it's not something that you just check off and now you're done. It's something that you use throughout because you're going to be keeping a running log of beliefs that need to be changed or internalized to support your goals. You'll notice that on the group calls where I might ask somebody what's in the way and we identify a limiting belief and then we flip it around and we create new beliefs. You're going to kind of have a list of these. You can't do them all at once. I recommend doing one every morning.

- You will be doing this throughout the program

Every morning in your morning routine, if you can do that, you sit down you connect with your vision -- *what are you working on this week; what is your goal for today; what are you setting as your intention for today.* Everybody has their own journey. Everybody has their own things that they're working on. If your intention is to not react to something that is not a hill to die on, *what do you need to believe? What belief is going to help you get there today?* If you need to focus on stacking positive interactions and you want to clear out resentments so that you can do that today, you can do a belief around gratitude, which is sort of the opposite of resentment and things like that. You definitely want to be doing this throughout the program. And get really good at it.

- Build it into your morning routine

Like I said, I recommend building it into your morning routine. But really, it's just any routine that you already have. If you have a nighttime routine. If you take time at lunch even at your desk. I mean this takes 15 minutes max. It really doesn't take long. If you already have a list of belief statements, you don't even have to take the time to craft one. You literally just pick one. Do get in the whole brain posture. You can do this at work, shut your door. Get in the whole brain posture. Do the visual, auditory, kinesthetic exercise. Just get in the habit of starting to feel it.

- Use the group to get feedback on the beliefs!

And then, if you have any questions, please use the group to get feedback on beliefs. It's super helpful for other people. It's also a great way for me to be able to kind of teach this stuff in a public way where I can transform a belief or tweak a belief or offer other nuanced ideas for the same concept. It's really effective when we can learn from each other in this way, if you feel comfortable of course. If you have really personal beliefs that you don't want to share, then by all means you do not have to share that in the group. you can just reach out to me privately or send me an email if you want some feedback about that.

That's pretty much it! Removing the internal barriers to reaching your marriage goals is the way that you're going to be able to live your vision. That's the way you're gonna be able to get there. This is super super super important. If you guys can learn this and master it and integrate it into your toolbox, you're gonna be like in the top five percent of people in the world. A lot of people really don't know how to do it. If they have been taught, they don't do it. They know that they could do it, but they don't do it. But this is the key. This is literally the key to a better life. In my opinion, it's kind of like the secret sauce that a lot of tools based-programs and approaches were not able to sustain the changes because they don't know how to do this.

So, I'm excited to see what you guys are gonna be doing. You guys are gonna be able to break through anytime that you're stuck with the seven-step questions that I shared with you. If you do that everyday and something's bothering you, you can always pivot every single time you feel stuck. You can pivot with those seven questions. Get your new story. Craft a new belief. Internalize that new belief. It's awesome! I'm excited for you guys! Have fun with this. This might seem like a lot. It might feel really mechanical and awkward at first, but isn't everything that we learned for the first time. Mechanical and not supernatural, that's okay. Just do it every day and it will become second nature. It will become built-in to your psychic muscle-memory so to speak. It'll be a game-changer for you guys. So have fun with it! I look forward to hearing how it goes. I'll see you guys inside the next lesson.