

The Couples Cure

Miraculous Recovery for Couples on the Brink

Phase 1: Getting Real With Yourself (Turning Inward)

Lesson 1: Pattern Interrupt

Part 3: The Rules of Pattern Interrupt and Saboteurs of Progress

The Rules of Pattern Interrupt

This is the final part of lesson 1. This is where we're really getting into the rules of pattern interrupt and the strategy. Now that you've made the decision to stop the old patterns and you have the new vision guiding you, and you know how to clear out the limiting beliefs and the internal barriers that come up along the way. Now it's time to get real traction. Just in terms of action steps and strategy, not just mindset, but the real actions that will interrupt the pattern that you're in. This is the part where we have to really concretely move away from anything that feels like the old story. We want to gain momentum in moving in the new direction, in the new way of being, and relating to yourself as well as your spouse and everyone around you. This is going to be where we disrupt what has been just the normal way of being. There are some commitments that you can make on top of, obviously, you've set your intention, you've created your vision. Now we can start to shore up some of the damage and stop the bleeding so to speak. Of course, that doesn't cure the source or heal you in and of itself. But it's a really important first step so that you can make it through what's required to heal and succeed in your relationship before it's too late. We have to stop the bleeding. That's really what this is all about. I look at these as emergency measures. They're super important for this stage in the game. Even though they're not going to be the long-term approach. But for this stage, this is really what we want to look at. This is what we want to commit to and really understand.

The first thing is just to understand the role and the purpose of disruption. It's a really important role in the creation of a new marital foundation. It's sort of like, if you tear down an old building in order to create a new one. You have to take down the old structures and destroy them before you can put something new and better in its place.

Disruption is necessary but disorienting.

The basic premise is that disruption is necessary but it can be very disorienting because you don't yet know what it's gonna look like. You haven't learned all the right things yet. It feels a little bit unsettling. But as long as you can just remember that, you won't feel like you're doing it wrong. That's where people get tripped up, as they feel like they're doing it wrong because it feels very uncomfortable and disorienting.

Anything different is better...

In the meantime, the idea really is just to commit to doing things differently. Even if you don't know exactly what to do or you don't have the perfect solution at that moment, anything different is better. Some of you have heard me say this already. People get really confused by this. What I always say is just don't stress about it right now. Anything that you do that's different is gonna be positive. Even if it's not like the perfect solution yet. We can learn from that and we can fine-tune it. We can build on the tools and skills that you're going to be learning. But for this stage, really anything that defies your partner's negative expectations of you, and anything that you feel that goes against your typical script, is a positive step. From experience, I know that this is so much easier said than done. This is the hardest part for couples to get traction in this area. We don't want you engaging in the same draining toxic dynamics while you're doing your inner work. You also probably have a lot of feelings leftover from how things have been. In this stage, it's not healed yet. This can be really challenging. It's not going to be perfect but it's gonna be dislodging the old story regardless. Every time you do this, you're going to be creating a feeling of possibility. There's going to be a sense of like something is different and yet the answer is not clear yet, within yourself and even with your spouse. If they don't know you're doing the program or they're not aware of what you're doing, they might even feel like

something is different and they can't put their finger on it. But that's a good thing. It's scary. Like I said before, embracing the unknown that comes from stirring the pot and bringing all the sediment into motion, that's the part where it feels unsettling. But that's where all the new possibility lies. So that's exciting! In that place of unknown and uncertainty, and everything is moving and shifting and I don't know where it's gonna land, that's exciting! Any time that you defy the expectation, you're literally creating new neural networks in your brain. It's interrupting that tidal wave of momentum, that's moving you in the wrong direction and shifting you into the direction of your own choosing. It's in that disorientation. It's in that sense of like things are stirred up. The sediment has risen, it's moving and we don't know where it's going to land. That's where you can move in and start to shape the direction that it's going to land so that you have a foundation that is solid, that will go the distance that's aligned with your values and what you're trying to create. This is the exciting part.

Part of this phase is going to involve being willing to be outside your depth and to be willing to fail. This is one of my favorite quotes: "I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." *Michael Jackson*

I love this quote because it's so obvious, right? Like when you hear that, of course, you have to fail to succeed. But I think sometimes in the realm of relationships, we don't give ourselves that grace. We have to just remember that anything new requires practice. Practices controlled failure. You have to be willing to fumble. You have to be willing to fall and to feel awkward and to not be perfect. I really think that in no other area of our life do we expect so much for so little as we do in relationships. For those of you that have professional accomplishments, for those of you that have any accomplishments in your life, who really worked hard to be where you are and you have something to show for it, ask yourself, *how long did it take you? How much time did you spend? How many times did you feel like you were still learning and didn't have all the answers?* This is just a four-month program. You can't expect this to be any different than any other significant accomplishment in terms of effort or discomfort or willingness to put yourself out there, willingness to feel like mechanically you don't have it down yet. It is gonna feel mechanical. It is gonna feel awkward. It's anything that's easy now had to be hard first. It's just gonna be hard before it's easy. I think once we really incorporate that into the mindset, then it's gonna be so much easier to execute these rules of pattern interrupt. Once you're on board with that and once you get the intention behind the disruption, the role that it plays, and you're willing to be able to fumble in this phase, then here are the actual things that you can do. This is what I've been telling people. This is something you can come back to again and again throughout this process. There's some concrete tools that I think are really going to help you.

1. Give your spouse a heads up

First of all, if you're doing this program without your spouse, I think you can give your spouse a heads-up. This is gonna be customized depending on your situation and your spouse. If you're doing it alone, it's really disruptive to be able to just let them know, "Hey look, listen, I'm doing things differently. You may notice that I'm doing things differently." You declare your intention. You let them know what you're trying to do. You might say something like, "Hey listen, my intention is I really want to do things differently on my side of the street and my intention is that I can be a better spouse and so that I can really improve our relationship regardless of what you're doing. I may disengage if I feel I can't stay calm or I might have to disengage if I feel I can't behave in the ways that I really want to going forward. I may seem different as I think about things differently. Please know that this is what my purpose is." Give them a heads up. You're sort of declaring your intention. You're creating in them sort of a curiosity but also just declaring to yourself and into the dynamic of your relationship -- things are gonna be different. So heads up.

2. Commit to ceasing your part

The second thing you can do is just obviously commit out loud to yourself to stopping your part in the dynamic. Commit to ceasing your part. What part do you play in the dynamic? Even if it's only 2%. What is it that you're doing that's not helpful? Let's say they have a reaction and then you have a reaction to their reaction -- *what is that? What is it that you have wanted to stop doing but couldn't stop? What is it that you have wanted to start doing but haven't known how?* It's okay if you don't know how yet. Right now, you're just committing to this intention and writing it down to the best of your ability - *these are the things that I declare I want to stop.* You may have to do belief work to support you in this but you know how to do that. If you set your intention, you're like, *this is what I'm gonna stop* and then those programs take over, then that says that there's still some belief work to keep working on. But first, you just want to be able to identify and then declare it. It's gonna be hard at first to notice when the old ways are taking over and when it's happening. Sometimes things go from zero to 90 so fast. Then after the fact are like, "Oh shoot! I did it again! I did the old way again!" But the more that you set your intention, the more you declare it, the more that you commit to stopping your part, the better that you're gonna get it noticing when it's happening in the middle of it. It's never too late to just stop, and say, "Okay, I got to step out," or "let me have a do-over," or "let me take a break and I'll come back and try this again." Then you'll get better at noticing even before it happens. You're really going to be

looking at the number of times that you're succeeding at making these changes. The number of times that you succeed will go up. The duration between the times that you have setbacks will get longer. The length of time between the incidents, that's what we're really looking for -- we're looking for frequency and we're looking for the duration of the time that things are going well and you're looking for intensity of the experience that feels like the old way and even the length of the incident itself. If you have a setback and it used to be like, "We would argue for two hours and now it's only twenty minutes." That's still an improvement. You want to keep that in mind. Anytime you're disrupting, it doesn't have to be a completely new story. It's just a disruption and a loosening of the old story. It's just not as strong anymore. You're gonna be weakening it in this step here.

3. Self-soothing

The next thing that's super important in the rules of pattern interrupt is the ability to self-soothe. Emotions are gonna run high. We're gonna be out of our comfort zone. Those old programs are gonna be so strong physiologically. *What do we do with all the frustration? What do we do with that?* That's where you're gonna be turning inward and learning how to self-soothe in the meantime. We'll be getting into that. That's something that I talk about in the groups. There are some resources in the Files section of the Couple's Cure. And what works for you, maybe different than what works for someone else, but there are a whole host of self-soothing behaviors that you can use. One of the ones that I really recommend is tapping. Some of you are familiar with that. You can look that up. I'm going to also do a separate training on that, too.

Tapping is like tapping along the meridian points of the body while tuning into the emotion that you're having. It allows it to dissipate pretty quickly really intense emotions, whether it's anxiety or anger panic. It's not to replace belief work but it helps in the moment once you've already been activated. Then there's mindfulness practices, there's guided meditation. And then, there's doing the seven questions in part 2 of lesson one, the section on removing internal barriers. If you go through that breakthrough process, the seven questions can be very soothing for you. Physical exercise, yoga, running, whatever it is that you do. Think about who you are and what works best for you. If you're looking for ideas, reach out because I have a lot of ideas and you can try various things that can really work for you. But self-soothing, you have to be willing to turn away from those activating dynamics. That means walking away. It's hard because if you're disengaging and disrupting the old pattern, it doesn't feel good because the old pattern and program is so strong. It's almost like addictive. To disrupt it and walk away in the middle of it, it's not gonna feel good, it's not gonna feel like a relief at first. That's why self-soothing is so important.

4. Table issues (72-hour rule)

The fourth rule of pattern interrupt is tabling the issues. I've mentioned this before, I think even in the welcome video, but it bears repeating here is that it's very tempting to go into the hot-button issues right now. Before you have the new skills and the new foundation and the built goodwill between you, you're at very high risk of just replaying the same story or the same conversation or the same script with these hot-button issues that have been there for so long. I like to think of it really give yourself 72 hours to think about *do I have to bring this up right now*. Write it in your journal. Know that we will get there especially if it's been an ongoing issue. We are not going to shove it under the rug for the long term, I promise you. It's really just about capturing it and giving yourself 72 hours because that's how long it takes if you're feeling really activated and triggered. You want to give yourself and your psyche and your body that much time to come back into the whole brain state, where you're really calm and you can access all parts of your brain. Then decide *is this something I need to bring up now or can this wait until later in the program*.

5. Feedback wheel (emergencies only)

If it's something that is time-sensitive and it has to be brought up, then you can use the feedback wheel. For now, this is a very critical tool for communication in general in healthy relationships. I highly recommend it. I've shared it with you guys already, a lot of you. But for now in phase one, you really only want to use it for emergencies only. Many of you I've already tagged in the Terry Real video explanation of this feedback wheel. Let me know if you haven't been and I will tag you so you can watch his brief explanation of how this works. Then you can check out the next video in this lesson where I'm going to be doing a more in-depth training on this as well. But you should all have access to the PDF that you can use and print out for the different sections that you go through. It's just basically a structure of communication that reduces defensiveness. It makes it super safe. It helps you take ownership of what your thoughts are, what your feelings are, what it is that you would like to feel better. It helps you get very clear. It's a tool of assertiveness and being able to actually communicate your truth while not blaming your spouse. So it's very powerful. If you feel like you want to do this, it absolutely has to be done correctly for it to work. So reach out to me if you need support or post in the group because there's definitely other members who might be further along than you in the program who can share from their experiences and offer feedback as well.

6. Stack the positive interactions

Then there's a few more rules here, too. You want to be stacking the positive interactions. This is part of the premise of the

work, obviously, the 5-to-1 Couples Cure. We're looking at a ratio. The proven principle is that ratio of five to one positive to negative. And rather than feel like we have to first eliminate all of the negative things before we can enjoy our relationship, we actually really want to, yes, we want to stop the bleeding as I said, but we also simultaneously want to be extent expanding the positive interactions. This can feel hard because you're gonna feel like there's unresolved things. You're not feeling loving, you're not feeling positive, you're not feeling connected, that's why you're here. So, how are you supposed to be positive? But there's always something that you can consciously choose. You do not have to have everything resolved in order to find a connection in the moment or in order to create a positive experience hour to hour in your relationship. You want to be looking for these opportunities. This goes back to the idea that *love is a verb*. It's not a feeling that you wait for. It's something that you can choose every single day. You don't have to worry that you're just gonna be blanketing over the things that need to be resolved. Remember what Gottman said, if you ever heard my webinar, you know what he found in addition to the five to one couples cure, is that successful long-term married couples, all of them had some issues that were never resolved. But because their positive interactions were five times as many as those things that were unresolved or more, they were still on solid footing because of things that weren't resolved we're really marginal in comparison. This is where you're just gonna really want to consciously think about *what can I do to take an action to stack a positive interaction*. For yourself, *can I enjoy a joke with my spouse right now? Can we laugh about what the kids are doing? Can we have a nice dinner together even though we know there are stuff that we haven't got to yet?* That's a muscle that is really worth developing. For me, I know, in the beginning, when I was making changes in my marriage, I found this difficult because I really had the feeling of like, "No, I want to make sure that all the apologies have been, made all the amends have been made, that we have a clear understanding of what the shared problem is, and all this stuff before I could allow that to happen." But that's a myth. You want to try to release yourself from that mental prison because there are moments, really positive moments for the taking for you right now that you could be overlooking because you're not willing to let yourself have that, because there's this false belief that if you allow that, then you're somehow giving the message to your spouse that everything is fine and there are no problems and you don't want to give them that message because there's obviously still some work to do. Don't worry about that here, okay.

7. Love languages

It's one of the things that you can think about when you're looking at positive interactions. Some of you are familiar with the love languages. Not everybody knows about this. If you haven't heard of this, don't worry about it. But most people have heard of the love languages. A really easy way to think about this, if you're kind of stuck and you're like, *I don't know how to stack positive*. Just think about what your love languages are. What is your spouse's love. How can you create a positive interaction for your spouse? If their love language is affection, can you be affectionate? If their love language is quality time, can you create some quality time? Start with the giving of it first because the laws of reciprocity will eventually catch up to you. You may feel like, *why should I have to be giving that if they're not giving that?* Again, we want to not get into that thinking of it's not fair because if you have the capacity, you have the responsibility, as we talked about before. Just think about what you put out comes back to you, what you put out it's not going to be a strictly transactional thing. You are creating the culture of your relationship. It's a biosphere. It's like an environment that you both live in. And when you create something positive for them, it's informing the air that you breathe in that's between you. So you will get the benefit of it eventually. Just trust that. Don't feel like you're losing something by offering that now.

8. Culture of appreciation and respect

Part of this work also in stacking the positive is creating a culture of appreciation and respect. This is an antidote to any of the toxic patterns that you might be stuck in. This sounds so obvious, right. Everybody knows that this is important. But really think about *how often are you offering appreciation? How often are you speaking with respect?* And again, think about *what you can be offering right now*. Think about *what are some cherishing behaviors that you can engage in*. Like I said, this is hard. But you can always find something that you appreciate right. *What do you love about your spouse? Why did you fall in love with them in the first place? What were the qualities about them that you really liked? How are they still the same?* We think that our spouse has changed but really people don't change that much, like the things that we love about them are still there. They're just not as accessible or they might be buried by other things. You have to be actively looking for this kind of stuff. Think about *what is it that they enjoy? What makes them feel connected? How can you help them feel like you see the positive things that they contribute?* I hear people overlooking these things, a lot, like, he's a good man or he's a good dad, but... Well don't go to the "but" right away. Look at what are the good things about this person. And tune in to that because what we focus on expands. This is so much a part of writing the new story is being very aware of where we're placing our attention. In creating that culture of appreciation and respect, you're really thinking about really simple things like, hugging them or saying to your spouse, "I'm glad we're doing this together," if it's something that you're doing together. Or, "Hey, I noticed that you were really nonreactive today and I really appreciated that." Whatever it is, even if it's a really really small thing. If you look for those things, you will find them and just commit to being a hundred percent responsible for the culture of appreciation and respect in your relationship. Getting back to that 100/100 as opposed to 50/50. I think a lot of times, we wait to feel a certain way

before we take action. But taking action is what creates the feelings. Actions transform our consciousness. It works the other way too, obviously. Beliefs will guide and inform how we feel and then of course, how we show up. That creates that organic follow-through when we do the belief work. But in the meantime, we can work it from the other angle. If you think about actors, the best actors, they're not really acting, right? They're really feeling it. It's not fake, they're really crying or they're really laughing. That's why they're good actors and that's why it touches us and that's why we feel what they feel is because it's actually real. It was created through a craft. It was created through intention and actions and execution of certain actions that they intended. Through that craft, the crafting of that experience, the feeling came. It's the same with our relationships or anything that we're creating in our lives. You want to do the things that will get you to the feeling. So in a relationship, you want to think about *what are the things that we used to do that created those feelings? What did I used to do when I felt a certain way that I want to feel now that will make this easier?* And then do those things. Like I said, it's sometimes challenging if we think that we're giving them the wrong idea and that like they're not going to still have to do their part at some point or that we're not gonna still call for them to make some changes, that we're not gonna still be making requests down the line, I promise you that we will get there. It's precisely these moments of positive interactions that we're creating right now, that's what's gonna create the goodwill. That's what's gonna create the leverage. That's what's gonna create the emotional connection and the motivation that's required for the hard work to come. You are gonna have way more power in what it is that you're trying to create if you do this first. Just trust the process and stay in the moment.

9. How would you show up if you already had the marriage you desire?

Then the final question you can ask if you're struggling with this is *how would you show up if you already had the marriage that you desire?* We talked about this already in the relationship vision and looking at part 3. Part 3 of the relationship vision is *how do I show up as my best self in my ideal marriage.* This is just a reiteration that you should really be tuning into this every day. Because we attract not what we desire, we attract what we are. We bring into our experience how we are in the world. I know that sounds a little bit magical but it really is true. You have to be that change. You have to be the transformation to the best of your ability right now. It is gonna be a little bit of a leap of faith. You'll be wondering like *how.* Don't worry about that. If you just set your intention and try, we will find your edge. We will find what needs to be cleared out. I will help you with this. But just ask yourself that question, *how would I show up today if I already had the marriage that I desire?* And that might point you in the direction of like, *I'm gonna have to do some belief work on that.* That's fine, now you know how to do that just take ten minutes to do that.

But these are the basic rules of pattern interrupt. These are the nine things that I want you kind of to internalize. Pick what you think works best for you right now. You might not be able to do all nine at this time. But if there's a couple that really resonates with you, write those down. Declare your intention and write it down, like put it in your calendar. I mean some people will, literally, and I know this sounds really like mechanical, but that's how we learn all things, is we have to create that habit. A habit is just the mechanics of bringing it into our lived experience and putting it on our calendar and making it happen. If you need to put on your calendar that you are going to find something to appreciate today, do that. If at the end of the day, like I have former clients that still send each other gratitude emails every day. I have a couple that will send each other an email every evening at the end of the day. They send each other an email where they just share what they really appreciate about how that person showed up and even on the worst days, they can find something. It has been magical for their relationship. Just incredible how much that has done for their relationship. But don't wait for that to feel natural. Don't wait for that to feel like it'll just pop into your head at the right time and you'll do it then because it's super organic and you'll go with the flow. You have to set your intention and actually put that into your calendar and make that a new habit for yourself. So, pick what works for you. and go ahead and make that happen, okay.

Please let me know if you have any questions about this. If you have any doubts,, if you're noticing any thoughts to the contrary popping up into your head, let me know what those are in the comments below and I will address those. That's actually my perfect lead-in to something that I also want to share with you guys, which I call the Saboteurs of Progress in relationship transformation.

The Saboteurs of Progress

We all have like an inner saboteur. If you did have thoughts to the contrary just now, as I was saying, identify what you need to do here and figure out how you're gonna incorporate that into your day even if it just takes 30 seconds. This is an important thing to look at, *where am I at risk of sabotaging myself? Where am I at risk of not following this kind of thing?* I want to just share this with you not to spend too much time in this place because this is not what we want. We want to focus mostly on what we do want. But it's important to just be aware or like know that this will crop up. This is just to normalize, these things are going

to crop up, these are saboteurs. Recognize them for what they are and pivot as quickly as you can.

1. Resentment

Resentment is the biggest saboteur at this phase. Resentment will stop us from trying to create a culture of appreciation. Resentment will stop us from taking the actions because we are too angry and we don't want to let go, and we think, why should I have to do that, right? Resentment shows up in many different ways. If you have resentment, you know what I'm talking about. Just remember, we will get there. It will get cleared out. Whatever injuries have not been forgiven or cleared or amended, we will get there later. But it's very much like communication and problem-solving. We have to build the foundation of healing and emotional connection first before we get there. So use your journal like crazy to capture this. And release it, take it out of your brain as often as you can, and put it in your journal. It's that process of getting it out of our head and onto the page it will really really help you a lot. Then there's of course the self-soothing things I mentioned earlier, too.

2. Communicating too soon

The other thing too, a big saboteur at this stage of the process that I see all the time, is trying to communicate too soon about things that require high-level communication, problem solving, hot-button issues. Please avoid this. Please give yourself 72 hours. Please put it in your journal. Bring it to me, and we'll figure out if this is absolutely necessary. If it is, like I said, we can use the feedback wheel or I can mediate a conversation. But in phase one, this is a big risk area, where people rush into communicating too soon, like, "Okay cool we feel better. We know we're in a program, now let's sit down and talk about this." That really should be saved for things that are time-sensitive and urgent, where something, like a decision has to be made for some reason. Then in that case, at this stage, just let me know, so that I'm in the loop on that, so that I can support you and give you the right structure around that.

3. Seeing things through the lenses of the past

Another thing that sabotages our progress at this stage is seeing things through the lenses of the past. That's gonna be normal so don't beat yourself up about it. But just try to notice it as quickly as you can and own it, and say, "that's just lenses of the past." Pivot and say, "I'm not gonna stay there." If you recognize that you're caught and you react in one of those old ways, it's never too late to stop and say, "Okay, wait let me try that again. I was just seeing things through the lenses of the past. I was just assuming the worst because I was looking at it through the past. But if I'm looking at it through the lenses of the present moment, this is how I would respond." Just be on the lookout for that. Also know, your spouse might be seeing things through the lenses of the past still, especially if they're not working on this with you. Don't sweat it if it's them and they're doing that. It just takes time. You stay steady. This program is designed to help you stay strong and nonreactive to them. So that if you stay in your lane for this part, even though they're reacting through the lenses of the past and you don't react to that and you don't play that old part, eventually that will fall away. They will start to realize that they really only have themselves to look at. You aren't incriminating yourself in that old story. You have removed all of your energy. Your words, your actions, your reactions, your body language, everything that you used to do in the old story is no longer there. Eventually, they're gonna see that and they only have themselves to look at. This requires a lot of patience if you see that your spouse is still doing this.

4. Lack of faith

Another thing that gets in the way is lack of faith. This is so important you guys. You don't have to be a religious person or a spiritual person, even though that definitely helps, but it's really just about connecting with your vision and having faith that you can get there. And not worrying so much about all of the *how* yet. All faith is not needing the feedback of your environment to directly tell you it's true already. What you desire is true already. Faith is being able to say, "I know that there's going to be a delay between the time that I start this process and the time that I get to where I'm going." Faith is like, if I start driving east and I want to get to Boston, faith is that if I'm heading east even though I'm not in Boston yet and it might take me a couple days to get there. Faith is knowing I'll get there because I'm moving in the right direction and I'm hitting all my milestones along the way and the map is telling me that in 300 miles I'm gonna be in this city and then in 300 miles I'm going to be in another city, and pretty soon I'm gonna be in Boston. I'm not there yet. I have nothing telling me that I'm there yet but I do have faith I'm gonna get there. That's all I'm asking for right now. You don't have to feel super hopeful. You don't have to feel really excited about it. You can feel skeptical. But just have faith, that if you keep moving in the right direction and you take the right steps in those right directions, and you connect with your vision every day, that what you're trying to create is absolutely possible. That's really all faith is. Please try to cultivate faith in whatever way, how does that look to you. If the map analogy that I just gave works for you, wonderful. If it's connecting to God, if you pray and you connect to God, that's great. If you connect to the quantum field, if you feel like you connect to your higher self when you're meditating, whatever that looks like, whatever language you use, it doesn't matter. It's just about being able to have faith that what you're doing is possible even before you see the evidence. It's the idea of not so much, *I'll believe it when I see it, but I'll see it when I believe it*. That's really what we're talking about here.

5. Low emotional state

The second of the last thing that you really need to be aware of in this process is being in a very low emotional state. This is where self-care comes in. Tapping helps for this. Exercise helps for this. The belief change work helps for this. Having a lot of support with the right people is going to help for this as well. If you're feeling low all of the time, a lot of the action steps that you're taking, you're gonna be coming at it from a weaker energy. It's not like you have to be happy all the time, so don't worry about it, but if you're noticing that you're low all the time, let me know and I want to help you with that. The higher your emotional state, the more effective the work is that we do. The energy that we bring to each of the steps actually impacts what we do. It's just like when somebody is talking to you and how they say it matters more than what they're actually saying. It's the energy behind something that matters the most. Just tune into your emotional states and be aware of if you are in a really low emotional state all the time and you're having a hard time getting out of that, I want to help you get out of that. and you might already know for yourself like, I just need more sleep or I need a break or I need to eat better, I need to do more belief work, meditate every morning, commit to staying in a reasonable emotional state throughout this process to the best of your ability.

6. "Why should I have to do all the work?"

And then finally, this is the most common thing I hear that is a saboteur of progress in marital transformation, which is, *why should I have to do all the work?* Just notice that that's coming up for you, that happens a lot. If you feel like your spouse isn't pulling their weight or you're worried that they're not doing enough or they're not listening to the lessons as much as you are or you feel like you're the first person to disrupt the pattern, don't worry about that. This way of thinking, it's so unproductive. It doesn't get you anywhere. It's really a symptom of the 50/50 thinking. And really we're looking at 100/100. This is all about you finding your power. This is all about you realizing how powerful you are as a creator of your experience and your relationship is a manifestation of that from the inside out. When you start thinking, *why should I have to do all the work?* The assumption is, you're getting the short end of the stick. There's some limiting beliefs underneath this question. So, let's look at what do you need to believe to feel like, *I want to do all the work because that means I have power, that means what I do is not contingent upon what my spouse does.* How amazing is that to realize, *I created my reality.* Now that doesn't mean you take responsibility for your partner's actions. We have our lane and we have our sphere of influence. But what if you took 100% accountability for that? Every time you thought to yourself, *why should I have to do all the work,* and you shifted back to you well, *I have to do all the work on my side of the street.* And there's always something to do on our side of the street. There just always is. It's never too much. It just is what it is. Stay in your lane, *what can I be doing?* Focus on that and relinquish the outcome of what's not in your lane. You will actually not feel like you're doing all the work. You will feel freer or you will feel lighter you will relinquish what's no longer yours. A big part of that is going to be boundaries and we're gonna get to that soon. But first, you just have to be willing to recognize when this crops up. And to recognize the thought and let it go just like if you're meditating and your thoughts crop up and you realize, *I'm thinking, I don't want to be thinking, go back to your breath.* It's the same with this thought. Notice the thought say, "I understand this thought maybe is serving me in some way, maybe this is a survival skill, a protective mechanism, it's part of my old programs trying to keep me safe, but I don't need this thought anymore, this doesn't serve me anymore and some now I release it."

When any of these crop up you guys, when any of these saboteurs of progress crop up, go back to your beliefs, reach out, journal, self-soothe, and I promise you, it'll pass. Just recognize it for what it is. Let it go. Don't engage it. Don't spend a lot of mental time there. And remember that this is the hardest part. This is the hardest part. Everyone will say, I can't actually tell you that every single person that's gone through the program has said this, but I can confidently say 90% of the people have said, the first phase is the hardest. So please trust the process. Please don't hesitate to reach out if you need support in the meantime. That's what I'm here for. That's what the group is here for. And never feel like it's too much. If you're having a question or if you're having a struggle, you're probably not the only one. I'm here for you guys. I hope this was really helpful. Keep up the amazing work. I'm really looking forward to seeing you inside the next lesson. Let me know how this goes. And have fun with it. Again, this is a creative process and there are gonna be moments where it feels messy and difficult. But there's also gonna be moments where it's gonna be really fun. So keep your eye out for that, too. Keep stacking those positive interactions. Thanks for tuning in and I'll see you inside the next lesson.