

8 week course weekly homework—Week 2

1) Continue NO Blame

Consider a fun experiment to not blame for the next 8 weeks. Notice when you are in that old program and use it as an opportunity to reel yourself in and focus on you and what it brings up in you.

2) RRR—Relationship Results Ritual

- 30 min/day 5 days/week
- Start to experiment with this.

Sample RRR Structure:

5 min getting grounded with some movement or breathing exercises

5 min: Journal & visualize your ideal relationship. See it clearly. Frame it in language like “I want...” Notice if it’s hard to get clear on what you want and/or own it.

5-10 min: Be with yourself and your experience in two ways:

A. Finding the Resource: safe place. visualize a time/place/experience when you had an amazingly positive relational experience. Connect this possibility to a part of your body. Imprint this in your mind/body forever.

B. Finding the Trigger: locate it in your body. Connect to the hurt kid and dive in to the center of the feeling in your body.

5-10 min journaling about your core wound. Write a letter to your partner explaining your core issue and how they trigger it, how it’s not personal, and how you are learning to get to the real issue, which came along before they showed up in your life.

5 min-1 hour-practice exercise below with partner or course partner.

3) Determine and clarify your core wound.

See PDF or word doc in members area for week 2.

4) Determine and keep tweaking your POS, page 25.

It’s located on the members only course page. We’ll discuss in classes 3 and 4.

5) Check in with partner

Instructions below. Find them in this document: https://docs.google.com/spreadsheets/d/1kRLIsp_IL1HAv43yN4NCBB1yrI9dJdiD_-XE8MLDHFA/edit?usp=sharing

Partner Check-in instructions:

Total visit time: 20 min – 1 hour.

This is practice. Some of you already are skilled in this area. And keep refining it. Also help your partner if they are not getting it.

After you say hello and make small talk, pick a time frame. Get clear on this person's time boundary. How long will you be on the call or meeting in person. Some of you need to practice being true to you and holding your boundary. Others need to practice being flexible and stay on longer than you typically prefer.

Phase 1 (1-2 min each)

Next, share NEST: Use numbers, Check in. 0-10. "I'm a two." "I'm an eight." Also share a word or phrase that captures your experience. "Sad" "feeling overwhelmed" "stoked to be talking to you right now." Etc.

Partner A shares: Describe what's "up" for you with your number. Why is it that number?

Partner B: shares impact: What it's like to be with the other person. Only talk about self, not them. "Hearing you say that, I feel _____ sad, excited, scared, curious, etc"

Switch roles, then move on to phase 2.

Phase 2 (longer, like 10-20 min each)

Now, take it a bit deeper. Get more real. Take a risk. With the desire to have the other person know you more, share what's up in your relational space, and/or your core issue in relationship?

Example of the flow:

1. **Person A** shares share what's up in your relational space, and/or your core issue in relationship
2. **Person B** share impact again. "Hearing all of that, the impact over here is I feel or notice _____." (i.e. heaviness in me, sadness in me, joy in me, anger in me, tension in me, etc)

Now add the new tools: Active listening, Get their world, then Validate.

3. **Person B** attempt to take them deeper through active listening by really trying to understand what it's like to be them. "Is it like this? or do you mean that when she does that, you feel _____?" Let them correct you or agree. Summarize what it's like to be them. "that must

be _____ (hard, easy, confronting, etc) to be in that position.” Ask them if you are following them or getting it right? “Am I following you?” “do I have it right?” “Are you feeling understood by me?” If so, move to next step, if not, keep going.

Person A, be honest. If the person isn't getting it, or projecting all over you, just speak up and use your voice. Practice being true and honoring yourself. “No, it's not exactly that, it's more like this...”

4. Validate: **Person B** attempt to validate their experience. “that makes sense to me that you feel _____ b/c X, Y, Z happened. Both of you will know when **Person A** feels validated b/c there will be an obvious experience of feeling seen and gotten. It simply feels good.

5. Switch roles

Phase 3

Close by taking turns sharing what it's been like to be with them. Share impact.

“It was fun being with you today, I felt inspired.”

“It was challenging to be with you just now. I feel confused and frustrated.”