

8 week course weekly homework—Week 6

New additions in red

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 an 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.

10-30 min:

Keep Doing THIS: Work on “Clearing the core issue” exercise. (spend at least 15-30 min/day on this for a minimum of 5 days/week.)

Add: 100 drawbacks to the same issue if you had the magical perfect partner. And/or list 20 examples where your parents (or partner, or perpetrator) demonstrated the “other side” of the coin.

5) Check in with partner

Instructions below. Find them in this document:

https://docs.google.com/spreadsheets/d/1kRLlsp_IL1HAv43yN4NCBB1yrI9dJdiD_-XE8MLDH-FA/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 how it's going with the "clearing the core issue" exercise. **Does the 100 drawbacks make sense to you, what are you getting about it?**

Example of the flow:

1. **Person A** shares how "clearing core issue" is going,
2. **Person B** share impact again. "Hearing all of that, the impact over here is I feel or notice _____." (i.e. heaviness in me, inspired, sadness in me, joy in me, anger in me, tension in me, etc)

Now add the tools: Time Out, 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

6. Together come up with one or two questions to ask Jayson or group about **the repair**.

NOTE: if either person is rambling and not being concise, someone needs to speak up in a loving way with a gentle "time out" "Hey, can I call a time out? I'm not totally following you and am wondering if you can distill it down to the core of what you are trying to say because I really want to get you."

Phase 3

Also practice personhood/behavior exercise.

Here's a simple formula to try out and practice.

When you _____ (behavior), I feel _____ (own my feeling, or impact) _____, and it has me _____ (action).

When you share in this way, like when you said (reference the thing they said), I feel (name feeling) and it has me (name action) want to move closer to you, etc.