

8 week course weekly homework—Week 8

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. **Continue to do this whenever you are triggered this week and don’t stop until you find the very center of the sensation in your body and you “ride the wave” of it to completion.**

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

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, talk about boundaries and the course ending. What worked? What was hard? What is your biggest takeaway?**

Take turns and listener use the tools of getting your world, sharing impact, time out (to clarify something), validation.

Write a testimonial if you feel inspired. 1-3 sentences about how exactly this course helped you

NOTE: Practice boundaries during this time. 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."

Take turns sharing what it's been like to be together.