

# How to Help Your “resistant” (stuck, semi-available, etc) partner

## The big secret to changing this dynamic for good

- 1) Accept them as they are
- 2) Get empowered

*Stop trying so hard. you don't have to work that hard to get love*

## How to accept them as they are?

Step 1. Core complaint exercise.

Step 2. Stack up benefits to them being this way.

Exercise 1—zero in on the trait or behavior that is most upsetting:

- doesn't want to join me
- resists
- is shut down
- is stuck
- isn't reaching his/her potential

Step 3. stack up benefits to him/her behaving/being the way they are.

## How to get empowered?

Step 1. Find the trait in you that gets triggered by their behavior (I feel abandoned, rejected, alone, unmet, etc)

Step 2. Link it to your past

Step 3. Be unafraid of feeling this. Feel it until you know every corner of it. (I'm not talking about thinking about it) NEST helps with this.

Step 4. Stack up benefits to you experiencing this now, and back then...How is this helping you?