

Day 2

Hey there, welcome to day two of your relationship reboot. Now, the first question I have is, did you do those two things yesterday that were part of your assignment? And are you thinking about how you can start to bring positivity into the relationship? You know, maybe your partner noticed, maybe your partner didn't, and it doesn't really matter yet.

So I want to jump into. The most, I think it's one of the most important things that I could share with you because if I just gave you this video and the information I'm about to give you, I think that it could absolutely change a relationship because you really just need to figure out which area do you need to improve.

Now, if you think about a relationship, or if you think more specifically about communication. There are two things that happen. There's a sender of information, and then there's a receiver. And so in your connection breakdown, if you think about it, you're really stuck in one of those two places. Either the information you're sending isn't getting to the target, or the target isn't receiving it, or you're not receiving the information that your spouse is trying to send to you.

So let me show you. I actually have A framework. And maybe this will help if I can put it into, if I can show you the, uh, actual. Okay. So this is the connection framework and it is going to show you which of the two mistakes you could be making that is really sabotaging your happiness and your connection with your partner.

So the framework here. Let me see if I can explain this real clearly. We're going to fill in these four boxes on the bottom. You'll see the word self. This is how are you at your self expression from a low to high score, right? You can see on the left, it says low. So how good are you at being able to send the message?

How clear are you about what you want? And are you speaking in a way that you're. Partner, the receiver can understand it. So that would be, you know, for someone who doesn't speak up, who just keeps it to themselves, they would be on the low side of this. And if you're really vocal about what you want, you've been saying very clearly, I want you to help me pick up more things around the house like that.

That would be a high level of self awareness and expression. On the other side is the word other, and it really is about your spouse. The other half of this relationship. How well are you at understanding what they are thinking and feeling? And how do you understand, how well do you understand the words that you use?

How they affect your partner. So if you don't really think about how they're thinking or feeling, you'd have a low score. And if you think about them a lot and what they're thinking and feeling, you would have a high score. So as we fill this in, I'm going to go with the very first one here. This is the forgotten partner.

He's lonely and frustrated because here's the problem. Here's the mistake of the forgotten partner makes. They, They are very clear about what they want. They might tell their partner, I want you to show up more around the house and do X, Y, Z. And they feel like their partner forgets to do those things.

They don't feel thought of, and they feel really lonely. Problem is that they're not aware of what's going on on the other side. Like why is their partner not showing up? What is their partner hearing when they express their concerns? So they have a low score of this other. Awareness. So the mistake that this one makes is not listening or understanding or awareness.

I would call it of their partner. That's their mistake. Now, this partner who has a very high concentration of thinking of what this is going to do to their partner. Rather than themselves, this partner is unseen. They don't feel understood. They are resentful because they keep giving and they don't get anything back.

The problem is they're not showing up for themselves. And so the mistake for this one is that they don't speak up well enough. Now, I'm going to share a third one with you. This partner has got some work to do if they're in this category. This confused partner, they're not sure if they want the relationship and they're not really sure if their partner wants the relationship.

So they're really confused. And if this is you and you go through this challenge and you're not putting in the effort because you don't know that you want the relationship. It's not going to work if you are confused, but you want to figure out if this relationship is, can be saved, then you really can do these challenges.

I really want to focus on two mistakes because this is going to, I told you, this is the most important thing about reconnecting with your partner is you need to figure out which of these is your greater mistake. Are you working less? Are you understanding less about your partner? So you need to work on how do I.

Start to get information from my partner and starting on day three and four. We're really going to have some magical questions that elicit information from your partner. So that's one thing to pay attention to. But biggest mistake here for the forgotten partner is they need to ask how big of a is this, or what do you think about the situation that we're in?

So it's asking more questions about you rather than I. And then if you feel really unseen, don't be confused with the frustrated and lonely, confused or forgotten partner, excuse me, but the unseen partner. The reason they're not seen is because they're not speaking up. They're too worried about keeping the peace and they're trying to please everyone and they're not working on themselves.

I want to share with you, I just want to give you a glimpse into what you can really create after these seven days. Going into the future, how you can really build, uh, upon yesterday's foundation of goodwill and where we're looking to go, go is to this emotionally connected partner. This is the place where you feel really understood and valued by your partner.

And guess what? Your partner feels truly valued and understood by you. And, uh, The connection is reciprocated. There's a level of intimacy that happens when you understand what your partner is thinking and feeling, and when you are expressing yourself. So you can see here, you have a high level of self expression and a high level of understanding your partner.

So today's assignment is. In the accompanying PDF is a an image of this framework, and I want you to answer some questions about where is your area of improvement. And if you want to do a little bit more, maybe you get out your journal and you write about. Why you want this emotionally connected partnership.

Like what are the problems you might have with understanding your partner? Maybe you would write down some things like, I don't know how to ask questions that get them to share, or every time I ask them a question, they shut down. I'm going to address. These type of questions over the next few days, so you can already have your questions ahead of time, and I'm going to be building in a success call for you so that you can ask me questions as you're going along.

So take a look at tonight's homework and see, or tonight's assignment, if you don't like that word, and see which mistake you are engaging in that you could make some improvement.