

Day 3

Hey there, welcome to day three and I want to just first check in with how are you feeling? Have you done two days of the daily double and Have you assessed your communication mistake? It's going to be really important that you have in mind what your communication mistake is going forward. And today it's about time to ask for your first, your take two.

Hey there, welcome to day three of your relationship reboot. And I want to just take a minute and ask you how you're doing with everything. Have you done two days of the daily double? So that really means you'd have like. Four check marks on your calendar. If you're keeping track and even better, if you want to write down what you've done, because you can really track throughout the day, we're, we're gathering information by doing this process, you know, at the end of seven days, I can guarantee you one thing you are going to have a lot of data to go through to figure out what has worked and where do you need more help.

Just like yesterday when we assessed your communication or your connection mistake, it's really important to know which thing you want to work, which thing you probably don't want to work on, but which thing is most important to work on. Now, today it's time to make your first ask. Now we're not going to ask for your partner to be different and we're not going to ask for those things right now.

What we, we want to start this process where we can get our partner

To be engaged with something that we want. So today's challenge is really about starting with a simple ask. One that will help you move toward connection and not have your partner shut down. So the focus today is really creating this safe container for the ask. And you can see on your handout, if you click underneath here, we have the handout for how to do this.

And I'm going to pull this up so I can just go over with you. Now, the, there's a couple of things we, we were just giving you the main things today because there's three big things that you want to do that are going to prevent your partner from shutting down. And I'm going to give you the, um, additional one tomorrow, but for today, it's really important to follow this three step process because you want to ask without getting your partner triggered.

Or feeling like they're going to be criticized for not doing something. So the first step in making an ask is to check and see if they're ready. Now, Harville Hendricks, he's a guy that's re research relationships for longer, for more than 40 years. And he says that we always have. A movie going on in our mind.

And what he meant by that was we're always thinking about what we're planning on doing. We're doing something. We might be checking our phone. We literally might be watching a movie. We might be considering something in our own world. So we're, we're engaged in this movie. And he said, it's really important to understand that you're going to interrupt your partner and their movie watching when you make a request.

So the first thing you want to do is check and see if they're ready. Like, Hey, is now a good time to tell you about something I'm thinking for the, about this weekend, or is now a good time that we can talk about our plans for pickup for the kids. So you want to just give them a little bit of information about what it is and allow them to make a decision.

Now, the second thing that you want to do is you want to make sure. That when you are approaching your partner, you want to check in with yourself. Like, are you going to come from

that critical spirit? Because your partner hasn't been like, you just told him yesterday what you wanted him to do and he didn't do it.

So can you check with yourself and see, am I in a place to be open? Am I in a place of curiosity for how he might be thinking or feeling? Because what if. He actually says now's not a good time or what if he says, I don't want to talk about that or what if he gives you the ultimate shutdown right away?

Like what? How are you going to respond to that? Well, the first thing I think is really important is to allow him to say no. He says no. Now is not a good time. I'm thinking two things. I'm thinking, okay, What is happening right now that he's doing, and I'm going to try to figure that out because that he said he's not available right now.

And I might say, okay, I'm going to come back in 20 minutes, or if you know, he's actually working on a project, you might wait until he comes up from the basement. You might wait until he comes in from the garage or that is very stereotypical. I may be in the garage, you may be in the garage. So I'm just making a statement.

You want to. Okay. You want to consider what is the circumstances when you're making this ask, right? So that's just something to keep in mind when you make this ask because it's guaranteed that you're going to learn something from doing this. It isn't guaranteed that you're going to get the result you're looking for, right?

So check in with yourself. This is step two and see if you know what you want to happen. Like, do you want to be listened to? Do you want to be helped and given suggestions? Do you want to be supported just in your frame of mind? So you want to get clear on what do you want? Like, okay, I want to talk about the kid's bus schedule and I just want to make sure that he understands.

So that's pretty clear. Then you can say to him, the next part of this is making that statement. If he says, okay, sure. Now is a good time. You can say, I'm going back to what you were thinking and preparing to say is, Hey, I'd like to talk about. The kids less rude, or I'd like to talk about the pickup for tomorrow.

Um, what I would really like to happen is, well, first I'd like you just to understand my thought process, and then I want you to give me feedback on what you think you go in to tell them. What you're thinking. So let me give you an example and it's on the handout. Here's an example. John, can I talk to you about my day?

That's asking, checking him. He's in, he's, um, available is now a good time to talk about the weekend. So you're thinking about what is it that you want to have happened next if they say yes. And let's say that John says, yeah, you can tell me about your day. Now, John, I just want. In pathetic year. I don't want any feedback about it.

If you have questions, that's great. But I really hope not to hear what I could have done or what I can do to fix this. I'm just looking for a place to vent, right? So you're telling him what you want. And if you're talking about what you want this weekend, what is it that you want? Well, my thoughts about this weekend are I would like to make some time for us to go and get dinner, just the two of us.

And I would like for Both of us to plan that together. So I would like some input from you about some places and I can give some places and then maybe we can come up with something that's

going to be good for us. So today the challenge is, and you can see it here, is to ask your partner for a specific request.

And I'll give you the two examples that I think You know, women have good success with are, you know, let me tell you about something in my day and just have you listen because, um, typically men, and this is just a masculine energy. There's lots of women who do this as well, who will just go into problem solving.

So that step two is really important to get clear on what you want to happen here. So I want you to try one of those two requests, or if there's something else that you've been wanting to ask, then use that for this. But I want you to get clear about the result that you want. And tomorrow we'll check in with how that goes.

And we're going to actually even expand the ask To a little bit more and talk about some of the mistakes that happen when you're sharing something that's a little bit bigger than, can I just tell you about something that I want to happen? Or can I just tell you about my experience today? So I hope this has been helpful.

Now there is a place that you can leave a comment, what's been most valuable for you about these first three days. And again, do the daily double. And there's also going to be an option. I don't know if it'll be in the email today, but there's an option. To book your, um,

I'm going to have to do that all over word.

There's also a place to book your, your sick. There's also a place on this email or tomorrow's email to book your success call, because I really want to hear from you how these first few days are going. And if we need to change directions a little bit. So make sure that you sign up for that so that you can get in quickly.

So not too much time goes by as you're doing this process so that we can check in with how you're doing. All right. So good luck on day three, continue to make those deposits so that we can see we're building a really solid framework. All right.