

Day5

We're there. Welcome to day five of your relationship reboot and today's lesson might be a little hard to hear, but I think it's one of the most important steps that you will take in transforming your relationship. The chances are that you feel like your partner hasn't been wanting to talk to you, that they just want to shut down and they don't want to share.

They. They're closed off, especially if they told you they're the inverted, they're like the introverted type. I mean, maybe they even said they don't want to talk about certain things like work because it's too stressful. Here's tough truth though. Everyone values being heard. And if you become the person that your partner feels comfortable opening up to, then you're going to really flip this unhealthy dynamic over.

Upside down, right? Imagine that your partner comes to you with, with what's on their mind instead of avoiding those conversations. Because I think this is really a possibility. Now it is possible that your partner isn't the chattiest type, but there is so much research that says even the introvert feeling comfortable with their partner will be able to share and open up.

Oh, let me share a quick. First off, if you've already heard me talk, you've been on my master class, then maybe you know this, but my wife is an introvert. And for years, she told me that she didn't want to talk about work after the day was done. And I believed her. I first was frustrated because I wanted to know what happened.

Then something changed and it was a few years ago. Where we went out to this, uh, diner, it's called the Mellow Minded Café. And we were sitting and she just started talking about all of these work related struggles. And it felt like it was out of the blue. I was so amazed. I just kind of kept quiet and I asked questions.

And I was really making sure that I didn't say anything to upset this applecart because she told me that she didn't want to say these things. And so on the way home, I was driving and I looked over and I was like, can I ask you something? You said you usually don't like to talk about work or you have never wanted to talk about work.

I'm sure I didn't say that because that would have probably aroused some defensiveness. But I said, um, you are sharing a lot of things that you don't usually say. And she said, well, it's because you started to listen to me. I wanted to ask another question because I know that's what we do. And that's what this lesson is about, is asking the right type of question.

And I said. Okay. Um, you didn't feel like you were asked, like, can you say more about that? And she said, well, whenever I would tell you about what was going on with work, you always wanted to tell me like what I should do. And one of the things that you do now is sometimes if I say something, you make up like a little analogy or you try to relate to it, but you don't tell me what to do and you don't dominate the conversation.

Well, that, that experience to that restaurant was a game changer for us. Let me give you one more. I had another client, Melissa, and she experienced something really similar. Her husband said that he didn't think she cared about his struggles dealing with his mother's estate because whenever he would bring up something like that, she would just say, you'll figure it out.

And really just shut him down. She thought she was being supportive by being like a cheerleader, but what he heard was that she didn't want to hear about it. She didn't ask any questions. She didn't say anything except for you got this. And she really thought that he didn't want to talk about it because his reaction to that was just like shut down.

And so when Melissa started asking him questions about his experience, really curious questions, he started to open up. So, maybe it's not that your partner doesn't like to talk, maybe they just don't feel heard. And today, I want you to change that dynamic. I really want you, it's almost like you've been going this way and this one thing is going to help you go the other way.

It's a subtle, it's a subtle thing that we're going to do. So this skill is called asking other directed questions. Other directed questions. This is the biggest skill that you can use to make your partner feel heard and to really get them to open up. Most of us naturally ask questions like, well, what can I do to help?

Or what would you like me to do? Problem is that those questions are squarely focused on ourselves, so we want to make sure it's like an arrow. The arrow is pointing at who is talking, and we want to make sure that we ask questions that are pointed in that, in that direction. So you could ask something like, well, what do you think about this, or how would you like to handle this, or how do you feel about this.

One thing that I go over in my one to one clients is how to ask magic questions. They act like the code to a vault that make it swing open and reveal all those hidden thoughts and feelings. So the first one of those magic questions is how long has this been a problem for you, or what would you like to see happen?

So there's a list of magic questions, but the one key thing. Is to make sure that you're asking questions that are pointed in the direction of your spouse. Okay, because it's going to make them feel like they're actually cared for and we want to hear from them. It's a really powerful tool that doesn't require as much groundwork as trying to learn all of these questions.

So today's challenge is to ask your partner about something that you know, or at least you think they're interested in. And this is going to be a really easy one because it's something that I guarantee they like to talk about. They just feel like it's not really important to you or you don't care. And there may be some sense of truth about that, but I want you to really ask questions that are going to get them to open up.

And I'm going to give you one more, um, One more tip on doing this, right? So you're going to ask them questions like, um, Hey, I know you're working on that project. Can you tell me more about that? Now, the task is to ask your partner, um, questions that will be about that thing. Right. So you want to ask them at least three questions.

And if you're thinking like, I don't know if I could ask three questions about how they measured out that table or how they're working on that project, or I don't know if I could ask three questions about their golf game, then don't ask about that thing, but ask about something that you can, uh, you can, you Um, with a neutral or curious state of mind, because if you remember back to day two, uh, day three and day four, we're really setting the stage of like, how do we want to show up?

Right. A few years ago, my, a colleague of mine was starting with these conversation starter cards and she was telling our clients that these are conversations. Now, I want to grab mine really quickly. I should have, I should have got them out. Um, here's a, here's a box 101 conversation starters for couples.

And sure enough, she was right that it said conversation starters. And she said that one of the things that people do with these questions is they go through them very quickly. Like one of the cards is, Where is a place you'd like to travel? And the person says Hawaii. And then they go to the next one.

What is a childhood memory that you think of when you think of this? Something like that. Well, she said, these are to start a conversation. Like, where would you like to travel? And so the client says, Hawaii, you know, instead of going to the next card, you'd say, Hawaii, how long have you been thinking about that?

It's question number two. And they say, since I was a kid. And then you follow up with. What did you imagine that you would do there? There's three questions and you've created a meaningful conversation. So I want you to pick, uh, one thing that they're interested in. I want you to ask them three questions.

So, so give it a shot. Start with at least three questions, see where the conversation goes. Maybe you can go More than that, more than those three questions for that Hawaii answer. Like if we said, um, what did you imagine doing there when you were a kid? Well, I would, I thought I would see the women with the, um, the hula skirts and, oh, okay.

What did you think? How long would you think you'd stay there? You, I mean, you could ask a hundred questions about this topic, right? So chances are that you're going to get a win today. If you ask something that they want to talk about, and if you don't get a lot of information, again, we're building. We're building our knowledge.

We're building data so that we can figure out where do we need to go from here if we really want our partner to start sharing with us instead of shutting down. And so if you don't get something today, it's okay. We're going to learn from it. We're going to keep going forward. And sometimes, you know, if you're still doing those daily tasks of trying to bring positive and goodwill into the relationship, sometimes it takes a while you.

To, you know, kind of dig out from where you were. It's like you had a big hole and now you're putting dirt every day to fill up the hole. So let's keep going and keep taking these actions. Actions. Tomorrow I'm gonna share with you this, uh, fifth thing that is really powerful that you can do to change your relationship within a week.