

Day 6

Hey there. Welcome to day six of your relationship reboot. And today I want to dive into something that's actually way more challenging than communication itself. In fact, it's a bigger problem than communication for relationships. Now, nine times out of 10, maybe even 9. 9 times out of 10 people call me and they say, I'm having a problem with communication in my relationship.

And when we start to investigate the problem, they're actually having Is a lack of differentiation. Now this, what this word means is it's about accepting that you and your partner are different and that you and your partner think and believe different thoughts and you're two different people, which sounds like, of course we know that.

But let me dive into what this actually means. And it's about understanding that you may think and feel differently. And it's okay to actually not have the same thoughts about things. So let's face it. You really want your partner to understand you. And we could work through all the common communication mistakes and misunderstandings.

But the real challenge in relationships boils down to this. Our partners think differently than we do. While you might think you already know that, it's one of the most difficult aspects in any relationship. And all relationships go through this stage where the fight, they finally butt heads and realize that they think differently.

So remember when you first fell in love, it probably felt like you and your partner were on the same page about everything. There's a lot of sentences that start with, we think, or we have, we, we like, or we don't like those kinds of things. And maybe you just agreed just about on everything because you didn't want to rock the boat.

Right? Like, let me explain. So two separate people fall in love and they sent, they temporarily merge, Their thoughts and feelings because they really feel unconditionally loved by this person. And it feels so magic that they don't want to rock the boat or they don't even consciously do it. They, they, they do like antique stores or they do like watching football.

They do like shoe shopping because they're with their partner. They don't take the time and it's. There's no problem with this, really, except for if you know and you lie. There's no problem with temporarily merging those boundaries because it creates this really solid foundation. But as time goes on, this state will collapse.

And this state needs to be rebuilt, right? And so we rebuild it by this is how I think, and this is how you think. And there is a separation of like, don't assume I know what you're thinking or feeling, and I ask questions, even if we've been together for 30 years, right? We, we will need to start making sure we're clear about things and updating our partner on what we think and feel.

So the, the process is trying to, when, um, separate, I'm sorry, this, this will collapse, is to put them back together like this. Sometimes what'll happen, if you go back to that quadrant, I'll try to make this link up in as simplest way as possible. If you try to make it look like this, then this partner is the one who feels forgotten, and this is the partner who feels forgotten.

Like they're not seen and you can see why they don't feel seen because their partner's desires are taking up a lot of energy And so as we get to this place where we start to understand we're different We can start to really build that intimacy And so i'm encouraging you to start today thinking about this in a different way and this might Sound very simple.

And you would say, of course, but I'll give you an example. I'll give you a personal example. The other day I was talking with my wife and she said, well, we have to pick up the, we have to make any changes that we want for today's giant order. So we do like a. Um, we pick up our groceries and we have a little bit of time to make changes.

And I just said, Oh, well, is it a different time that we're picking it up today? That was my comment. And for just a flash of a second, there was this expression on her face and she didn't say you're a moron. She didn't say anything like that, but I, I saw something. And when I have a thought about something like.

What, what was just said, I would think you're a moron. And so there was no sense of separation between her and I. Now, this is pretty high level. This took me a few years to get to, um, because my initial reaction was. What was that face? You think I'm stupid? What are you? Why did you make that face? And what I needed to step back from and understand is that her face was about her own frustration within herself.

And so as I got way better, As I'm continuing to get way better at the other side, the other differentiation, um, aspect, I'm able to slow it down. It didn't happen immediately, by the way, I'm able to slow it down and think, what were you frustrated about? And so later in a conversation, I was able to say, what were you thinking when you said the giant order needed to be updated by 10 o'clock?

And she said, Well, if you think about it, 10 o'clock means you have two hours. So the pickup time would be 12 o'clock. And I'm also frustrated because at work, I have to tell everybody everything and how to think and all of these things. I'm just overwhelmed. And so having an understanding that your partner thinks and feels differently about you.

And then for me having this process of like. Oh, there's some memories in my system that when someone makes a face at me, that they are criticizing me. And I can, uh, do some bonus videos on that. I'd love to share more about that. But the, the point of it is that we are thinking differently and we have to be curious, but you don't have to do anything.

I would suggest that if you want to be able to navigate these differences in your relationship, you start to get curious, not only about what you think and feel, but what your partner thinks and feels. Now, I think that this process is scary because when your partner doesn't think the way you do, it comes down to we make these assumptions like the experience that, that I shared.

We expect that our partner will think and respond or feel just like we do. Um, but they might be someone who answers questions more directly while you might give lots of details. The difference can be frustrating because it feels like they're not understanding and respecting your needs. So I'll give you an example, a different one.

I have a friend and I was asking her, I like to ask people about their relationship challenges. And she said that she'll go and she'll ask her husband, where is their daughter? And he'll give all of these explanations about all the day, what they've done. And she's like, I just need to know, is she home or not?

So again, these, these can be really frustrating. So. The truth is that your partner is going to think differently than you do and their facial expressions or if they go on a long tangent, it doesn't mean that they don't love you or respect you. So differentiation is about allowing your partner to be different from you while staying connected to them and staying connected to yourself.

It's about being authentic in your thoughts and feelings. And you're allowing your partner to do the same. And what it really is going to do is create more connection. And it's going to allow you to really be who you are. So if you really are craving this, this myth of unconditional love, then this is the way to get there.

It's allowing your partner to be a little quirky in ways that they are. still love them. You may not like them all the time, but the challenge for you to start with this today is I want you to start looking at where you are with the process of differentiation. Um, I have a couple of questions on the handout for you and I would really recommend, you know, you take 10 or 15 minutes to at least answer these and get this process thinking.

And you can come back and you can watch this video again as you continue. To apply this process of differentiation. So take a moment and think about the things that you appreciate about your partner that are different from the way that you think or feel. And this can be hard at first, but this is going to be the key that is going to create the relationship where you and your partner can really talk about things without fear of being judged or without being wrong.

Because it's okay if I like chocolate ice cream and you like vanilla. Now, that's a simple one that we would all agree on, except there have, I have one in law who says, what's wrong with you? Why don't you like chocolate? Um, there is, you know, that is a process where that person's trying to, you know, doesn't feel comfortable with us being different.

So I handed, I provided you with the handout that you can work through on this process. Click that link and start exploring how this process of differentiation can strengthen your connection. I'm giving you a bonus document too, that you can read so you can understand this concept a little bit more.

Again, I think this is a lifelong process, but if you start this process today, it really can change your relationship, you know, immediately. So let's embrace the differences because it's one of the most power things you can do for this relationship. in any relationship you're in. It's not easy, but it's worth it.