

Day 7 part 1

Hey there, welcome back to day seven. Now today is the last day of the relationship reboot. And I want to give you some things to think about that are going to keep this progress moving. And if you haven't made the progress that you're hoping for where you can turn to next. So let me share with you what we're going to look at for today's last day.

Day seven of the relationship reboot. All right. So today is day seven, no stopping you now, right? You have hit your stride and hopefully you've taken the concepts from day one and started to implement the positive energy and created that momentum. And so let's look at what day seven is about. It's really about making the commitment because.

Progress is guaranteed. You know, success is guaranteed as long as you keep on the course, because these principles do work. It may be that you need to continue to practice. There's this, this video, and I'm going to share it with day seven. I'll put it as a resource. It's called the backwards bike and the backwards bike is an engineer who created this bicycle.

It would essentially, if you turned right, you would turn, the bicycle would go left and he created this as a joke, but then he really wanted to see if he could master riding this bike and did a little bit of research and as a therapist and as a person who knows some things about neuroplasticity, he talks about this in the video to, he says that.

We've created a neural network. We've created a way of operating. And so it is very hard to make a change. And so when he was riding the bike to adjust was really challenging. And I think the same thing is, is true in our relationships that making this commitment means that you're going to fall off your bike a lot and you have to cut.

MIT too doing the work, let's, let's go through the seven days and let's just in case there's a place maybe going over it will help you be aware of something you missed day one. We talked about creating goodwill. We talked about generating the energy almost from nothing. It is by doing something different that you're going to change the system.

In day two, I shared with you the communication quadrant, or the connection framework, and asked you which of those two areas needed improvement. Was it in your ability to send messages in a way that doesn't trigger your spouse, or was it to be able to elicit information from your partner? In day three, we worked on the receipt or in the sending part of that of one of those two.

It's it's the three steps to an ask. So you follow those three steps to set up a conversation to talk about an issue or be able to resolve it. You take these three steps. You first get clear on what your concern is. Making sure that you're in a neutral or positive attitude, approaching your partner, then you ask your partner if they're available and you share with them what you want.

Now, if this is trying to resolve an issue that is going to be high tension, you're going to also need to make sure that you're mastering your own energy. So make sure you check out the bonus. Resources for that, because I think that's one area that we could all improve on is our ability to self soothe and cope.

So that was day three, the three steps to an ask day four was making sure that you're heard. So I gave, I gave you some questions. You can ask your spouse to see what they heard or gather some information about what's going on. In the receiver, what is he or they thinking or feeling when you're making this request and you want to be able to get them to talk.

And I talked about the air, the compass that you want to make sure that when you're asking a question, it's not self reflecting. It's not coming back and talking about yourself or. Sharing something that you think or feel it's asking. What do you think? What would be best for you? How do you like it? What is your thoughts about things?

So it's getting them to talk by asking them things that they want to say in day six. We talked about the benefit of differences. I will change this here, the benefit of differences and how you can use your partner strength to help you become a better version of yourself and how you can really help your partner improve themselves.

If you can find a way to make sure you connect with the receivers, uh, desire. So, you know, if you can find a way. To elicit their desire for the change you're looking for, you can really benefit that way too. So it's all about understanding the differences between the two of you. And then today we're talking about making the commitment.

So is, uh, is that making sense for you so far now, if you're going to have any kind of ongoing change, there's really three things that are required and I'll break these down in this diagram here. The first thing is the knowledge. So if we go back to that list, do you understand, do you have the knowledge of how to implement these things?

And if not, then this is a good place to start. You can look at this. List of things. And if there's some knowledge gaps, you can go back and listen to them. You can do some research and I'm going to be available. I'll share with you how you can get ahold of me. So you want to make sure that you have the knowledge of how to change the relationship.

And I really think it comes down to those two things we talked about self and other expression. How do you. Fool for your partner to express and how do you share what you're thinking or feeling. The second one, and maybe this is, should be first cause it is at the top is the willingness. Do you have the willingness commit?

I wouldn't say you ask yourself, are you willing each day? Although you really do have to ask yourself that, but I think it's about making the decision. Making a decision means that you're going to do it whether you feel like it or not. So Really in a sense, do you have the willingness to make this decision that you are going to be the agent of change because success is inevitable unless you're dealing with a partner who is very harmful to you, who has no desire to be loving.

If you're talking about most relationships where there is tension and there is meanness, there is a willingness for your partner to make things right. They want to be happy. So if you're in a relationship where you think both you and your partner want to be happy, but you don't know how to make it happen, this is the relationship that can absolutely change.

And change is inevitable as long as you are happy. Willing, and you have these three things. So let's do the last one. The last one is the conviction. Really? We have to be convicted that our partner has a, has the right to share what they think or feel. And when I just said that, I literally. felt goosebumps because, um, the conviction is the thing that's going to change the whole dynamic.

You know, my approach to my relationship was that I should be happy in the relationship. My conviction now in my relationship is that we should both be happy. Um, I wrote a book and it was released in March. It's what to do when you do give a fuck. And I mentioned this because I gave too many fucks about the wrong thing.

I was convicted that I should be happy. What convicted now is that I changed to make sure that we're both represented. That's, that's how the relationship visionary idea was born out of this. Conviction. So I want you to imagine that in the next week, as you continue to apply these things, you have your first honest conversation with your spouse, where they really listen to you and you can feel how there's this sense of warmth between the two of you that you both want to be heard, and you're both trying to improve your relationship together.

I can happen for you in just a moment. One week. I want you to imagine maybe three weeks a month from now, where when a frustration comes up that both you and your partner are able to just meet it head on, you're both able to talk about what it is that you want, and you work as a team to figure this out.

Now, you might say you don't have the tools to do that, but I want to assure you, you already have everything that you need in order to make this happen. And then I want you to even imagine about one year from now where you and your spouse have really turned things around. Your family notices how happy you are.

I sometimes tell my clients, like I'm in the happiest relationship that I know. Now, I do. Meet with a lot of people who are just struggling and trying to make that change. But even in my friend groups, I feel so blessed to be in this relationship. And I mentioned my book, because if you don't think that I've had the experience where you are, then just read the first page of my book, where it says, I peel it out of the driveway.

And I had two thoughts in my mind. One is how can I hurt my partner and how the hell can I get away from my house? You know, I know what it's like to be in that pain, but I also know what it's like to experience through partnership. And so what if in one year from now, your relationship was massively changed and you were in a happy and healthy relationship.

In fact, you're looking towards the future of what you're going to do. You know, after. Your kids get older or when you're able to, you know, experience more of the world, how are you going to be together? I love when people are able to see that reality happen. Now, here's one statistic I want to give you, and maybe this is why I'm one of the happiest learners that I know.

I followed the 10, 000 hour rule. So this says that if you practice something for 10 minutes a day, which equals 10, 000 hours. You apply principles of the thing you're learning. Maybe you do more research, but you really immerse yourself in becoming better at that thing. Well, I became better at being a partner.

I also became better at being a coach. Well, I think it's really by figuring out what can I do today to be better. And that doesn't mean That I don't voice my opinions. It doesn't mean that I don't set boundaries. I don't accept unacceptable behavior or anything like that. So I just want to be clear, you know, there are some people who will say, you know, they'll take that first day, that challenge of positive goodwill, and they'll say, that's all you have to do.

That's certainly not all you have to do. So if you spend these 10, 000 hours, you will be happier than 90 percent of people in relationships. I really believe that. I believe this statistic works for all things. If you have a new skill that you want to be good at, spend a lot of hours doing it. So let's think about the reality right now for you.

You maybe have had some success with this challenge again, again, I guarantee you that you've had some positive experiences because your partner noticed something different was going on now,

whether those changes have come out to be visible yet, but maybe something we need to look at over the next couple of weeks.

So you may have had some success, but what if you're not really sure how to start implementing those ideas or what to do with your 10 minutes a day, what to do so that you get those 10,000 hours? Like maybe you don't know exactly how you're going to resolve these conflicts. Maybe your problems are a little more entrenched and you need a little more guidance.

Maybe you still need a coach or a guide to help you through this. I can tell you that you can take the guesswork out of this process. The good news is that I really have the in-depth knowledge that's going to help you explore these questions. Concepts and make them your own, because these are principles that work for everyone.

But there are nuances of how maybe you could change the question you ask to your partner or how you could say something so that they don't initially get defensive or shut down. I have had plenty of versions of shutdown. I've had partners in my office who have a spouse who as soon as they bring something up, why are you starting with this?

Why do you have to? I have other couples and partners who've experienced hardly any conflict and yet feel disconnected. So there's different ways that we have to approach these things, but I can guarantee that you can make the change. So if you need extra support and you haven't done your success call and book success call, let's figure out the one thing you can do to improve your relationship and really set yourself up so that in the next two weeks, the next month, in the next year, you're exactly where you want to be.

Day 7 part 2

Now, today's assignment is going to help you also start to change that trajectory or continue on. I would say, continue on that trajectory. Today's last assignment is to really get clear on what kind of big changes you want to see over the next few weeks and over the next. So today's assignment really asks you to do some self-reflecting.

So the accompanying PDF for you today is something you can, I would say, print it out, or you can write it in a journal, but it really asks you, what is it that you want to create? Now, whenever I have a client who would see me in person at my office, I would ask them, did you put the address into your GPS?

Most people, when they want to go somewhere, they'll put it into their phone or their car. And they say, yeah. And I say, you know, it's kind of like creating a new relationship means you have to have the destination of where you want to go. So, uh, if you know what kind of a relationship you want, you can really reverse engineer your actions.

to get there. If you want to make sure that you and your partner are both being able to speak about what's important to you, that's a good goal to have, by the way. Then you can start to look at what are the tasks that you're going to have to master, master in order to get there. I have couples and partners, more today partners, who come to me and they say, I've seen already two couples therapists and it didn't help us.

And my question always is something like this, Did you know what goals you were working on? Did you know what areas you needed to improve? Do you know what the triggers are that set you two back? A lot of people who are not successful say to me, they didn't know what they were working on. So my guess is that they didn't have their end destination mapped out.

And so today's assignment is to do two things. Number one, it's to help you get clear on what you want to create. And then the second thing is. You want to make sure that you know what is blocking you. Now, I do a breakthrough session with individuals so they don't have a commitment with me that we can identify those two things.

If you want to schedule a breakthrough session with me, I'm absolutely happy to do that, but that's really going to do three things. Um, it's going to help you identify what you want to create, what is blocking you, and then map out the, the, The map out the action steps that need to be taken. That could be, you know, doing some coaching sessions that could be creating some shared experiences with your partner could take on a lot of different things.

So I want you to take some time with today's last assignment. You're also going to get a questionnaire. Cause I want to know what, what did you identify here as what you really want to create? Because this is the. Most important thing, if you don't know where you're trying to get to, you really can't start to get there.

You have access to these seven days. I would say I would start with day one and I would re listen to these and I would continue to practice these. I would suggest you schedule your success call so that we can talk about areas of opportunities for you to improve and Make sure that you do today's last assignment so that you're really looking towards the future, so you can see what you want to create in the next two weeks, the next month, and the next year.

I have been very, um, happy to support you along this journey. Please let me know how I can support you further.