



Succeed at Your Relationship with the Successful Couples Strategy™

*Empower Yourself. Improve Communication. Change Patterns.
Increase Connection. Become Partners.*

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Workshop 1

STRATEGY

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Your Connection is the Answer...

We know being in relationship and managing a joint life is not easy specially when both partners have busy and demanding careers or commitments. Life can feel like a challenge everyday...

I created the Successful Couple Strategy™ (the Successful Couple Process™ revised) from the work I do with couples assisting them create their successful relationship. It incorporates key concepts from established clinical theories and therapies, wellness and success insights and principles, and my proven processes, techniques, and tools. It helps intimate partners easily get on the same page, become a stronger partnership and increase their connection, intimacy and fun. Partners get to fall in love with each other again, and enjoy peace, joy, and love in their home and create a life of meaning.

The Strategy flows from my MetroRelationship™ Philosophy where the Relationship is the cornerstone of our Life... There is inherent synergy in our partnership, which usually goes untapped... Our partner is our life Partner... Our partner is a Gift for our own evolution... They are the mirror to show us how we are being so we can see how we need to change. They are the playmate in the playground that is our relationship. They are the sand in our clam. They are the perfect match to trigger our sensitivities so we now have another chance to get what we didn't get growing up. When we get our core needs met, we heal. When we stretch to meet that of our partner, we grow.

As we evolve together we can create something amazing, of amazing impact... We do this through role modeling and being inspiring as a couple, through our (co)parenting, and through taking on a Cause for larger impact to humanity. But this can't take place if we don't crack the code on how to do our relationship well!

Partners have the tendency to go about their relationship with blinders on missing out on the opportunities for healing and growth. They miss the forest for the tree. They get stuck in their perspective and their usual MO in their interactions, viewing and treating each other like enemies as opposed to using this as the vehicle of possibilities that it is...

The key is to approach our partner as an ally, as our Partner, from a heart-centered place... From here we get that we are in this together, for a reason, and that being vulnerable and working together makes all the difference. Therefore we can have compassion for our mutual experience... This is the essence of our human experience...

When we miss this, we are not really living our Life... It's time to Awaken and live the life you were meant to live!

The Successful Couples Strategy™

The Strategy is comprised of five core Elements that when assimilated and integrated into the relational approach create a transformation, not only for the relationship but also for the overall quality of life of the partners and the couple. The more the Elements are embraced the quicker and more profound the change...

Each Element addresses a significant relationship factor that when operating haphazardly and unintentionally tends to undermine the wellbeing of the partners, the couple and their success.

Element 1 – Context & Mindset: Empower Your Self

Do you feel stuck and yearn for more in your relationship?

Shift your relationship mindset and break the impasse.

- ☼ Explore your MetroRelationship™ Vision
- ☼ Understanding the higher purpose of your relationship and commit to making your relationship work, shift to a successful couple's mindset...
- ☼ Transition from an ego-led (fear-based) to a heart-led (love-based) approach to your relationship
- ☼ Clean your dirty thinking and take control of your mind, effectively gentle your inner critic, increase your self-esteem
- ☼ Address your assumptions, recurring themes and limiting scripts, establish clean relationship expectations and roles, (co)author your success story
- ☼ Fully own yourself and become accountable, establish a sustainable self-care routine and master self-regulation and self-soothing, set loving effective boundaries, clean your interactions and approach to each other

Basic takeaways:

- ◇ Know and remember your partner is your ally, not your enemy. Don't assign negative motives.
- ◇ Understand your partner is a Gift, a mirror..., to help you heal, grow, and evolve... If you don't like something, you have to change something - not the other way around!
- ◇ Mind you mind!
- ◇ Don't own your partner – don't tell them how to be, how to operate, what to do, how to feel, what to believe, what to eat, how to dress, etc. Even in your internal dialogue! This generates animosity and doesn't serve anyone...
- ◇ Don't make assumptions about your partner's intentions, feelings, thoughts, etc. Don't run away with the story you concoct about what is happening... Mindfully and respectfully check-in about what is going on for them.

Element 2 – Communication & Alignment: Improve Understanding

Do you experience frequent misunderstandings?

Effortlessly get on the same page and better get each other.

- ☼ Embrace respect and personal responsibility at all times, protect and safeguard your bond and connection
- ☼ Implement the "fighting-fair" code, make physical and emotional safety a priority, put in place consequences for inappropriate or hurtful behavior
- ☼ Set up meaningful and productive conversations
- ☼ Establish a decision making protocol, follow negotiating and compromising guidelines, make agreements that serve you both, set each other up for cooperation
- ☼ Set up rules, transparency, and accountability
- ☼ Repair, apologize, make-up

Basic takeaways:

- ◇ Always strive for clean interactions...
- ◇ Listen to your partner's side with understanding, compassion and acceptance. Don't listen to give advise, fix, judge, make a counter argument, or waiting to give your side...
- ◇ Be smart about the timing of your communication. Don't push if either of you is triggered. Build-in time-outs if things start getting heated, and always come back to wrap things up.
- ◇ Set the intention to get and stay on the same page, go the extra mile and take the high-road

Element 3 – Clarity & Dynamics: Change Patterns

Do you have recurring conflicts and disagreements?

Understand why you have recurring dissatisfying interactions and change the pattern.

- ☼ Understand what's driving the hot buttons in your relationship, identify your dissatisfying relationship loop
- ☼ Establish how yours and your partner's buttons are a perfect match for keeping you stuck, embrace that you are allies in this dynamic
- ☼ Learn to consistently change the loop in the moment, strive for a MetroRelationship loop
- ☼ Understand your inherent differences and how this is part of the glue between you
- ☼ Address and change codependent characteristics and patterns
- ☼ Learn to get your needs met and receive, reparent yourself, stretch to meet your partners needs

Basic takeaways:

- ◇ Understand your partner's hot buttons, wounds / triggers, and be mindful to avoid these. When your partner is triggered give a response that meets the need underneath the trigger... This is one way we heal.
- ◇ Intentionally go about meeting your partner's needs
- ◇ Focus on healing and growing your Self

Element 4 – Connection & Intimacy: Feel Connected

Do you feel lonely, taken for granted, and unappreciated?

Reignite your love, deepen your intimacy and enhance your passion.

- ☼ Be your most Authentic and Inspired Higher Self, access and integrate different parts of your Self, clearly and cleanly express your needs, expectations, desires, wishes and dreams
- ☼ Stretch and create safety for and be attuned to your partner's Being, implement an appreciation habit, reach your partner through their love language
- ☼ Create and sustain connection and intimacy, nurture your daily relating, integrate a TLC habit towards your partner, establish an approach to fun, utilize and enhance relationship rituals, create couple traditions
- ☼ Maintain your individuality, balance togetherness and separateness, use your gender / core energies effectively
- ☼ Date, woo, flirt, and seduce your partner, enrich and luxuriate your interactions, expand your sexual repertoire, integrate the lovers into the relationship
- ☼ Explore other awakening and adventurous activities for being Alive

Basic takeaways:

- ◇ Get your Happy on and mind your energy...
- ◇ Make your Partner a priority!
- ◇ Intentionally set up structures and systems for getting and staying connected, increasing intimacy, and having fun
- ◇ Invest in Dating your Partner

Element 5 – Collaboration & Partnership: Become a Team

Are you carrying the brunt of the responsibilities in your home?

Create a sustainable rock solid partnership and enjoy a peaceful, loving and inspiring home.

- ⚙ Define and implement the sharing and managing of responsibilities, set up systems for staying current, synchronized and on the same page, design effective use of space, time and other resources
- ⚙ Automate investing in your relationship, expand your relational repertoire, enrich your parenting and coparenting, be an inspiration to others
- ⚙ Have efficient family routines, cohesive family meetings, enrich family rituals and traditions, have a clear and solid family identity, operate from established core family values, set and uphold effective loving boundaries and disciplining, support your children for who they are and provide opportunities for growth and evolution, do service projects together, give lots of appropriate love and affection
- ⚙ Clarify and design your preferred lifestyle and set up routines to support it, expand your interests and social circle
- ⚙ Dare to dream big, set goals and plans to achieving them, take on couple projects and joint activities
- ⚙ Tap into your synergy, be a powerful team, identify your life's purpose or mission and take on related service or philanthropic causes

Basic takeaways:

- ◇ Intentionally set up structures and systems for operating like a well-oiled machine and creating an amazing life.
- ◇ Always be learning!
- ◇ Make your family a priority
- ◇ Reach for the sky...

On a Key Basic Takeaway...

Each Element has some Basic Takeaways that need to be integrated and implemented for change to be possible...

A very important concept that needs to be mastered for things to go well in life is setting loving effective boundaries...

Boundaries & Ownership

We are built for relationship. Attachment, bonding, connection is the foundation of the Soul's experience.

In the formative years, through the developmental stages, in relationship with caretakers:

- **First there is Bonding:** Lear to be safe to withstand separation and conflict / differences
 - **Then there is Separation (mommy is not me) and Individuation (own identity as separate person):** Learn to be separate, can do anything, but can't do everything
 - ➔ Attached without giving self up and freedom to be apart.
 - ➔ Can say no without fear of losing love, and take no without withdrawing emotionally.
 - If caretakers withdraw or are pained by their child's boundaries / separateness – children learn to hide parts of themselves as to not lose the parent
 - If caretakers punish for the need of separateness and individuation – children pretend to be obedient
 - **Children learn to not set proper boundaries to stay connected...**
 - And, then to top this off, there is the impact of *trauma (intense emotional painful experience) from emotional, physical and sexual abuse, accidents, illnesses, losses – death, divorce, financial hardship **where children's ability to self regulate is hindered...**
- Note: a witness of violence is a victim of violence...

Boundaries are also affected by Parenting Styles we received...

- Democratic – all have vote (children equal say as parents)
- Authoritarian – children don't have a say
- Permissive – no structure, guidelines, consequences, guidance (children fend for selves)
- Ambivalent – inconsistent structure, guidelines, consequences, guidance, availability, etc. (children don't know what to expect) – most damaging!

Poor boundaries create symptoms such as:

- Over commitment of schedule and responsibility
- Anger management issues
- Unkept promises
- Lies and exaggerations
- Perpetual complaining / gossiping / whining
- Poor sense of self and confidence
- Addictions
- Health, financial and other problems
- Unsatisfying relationship (Codependent Relationship)
- High tolerance for inappropriate treatment
- Tendency to disengage socially
- Difficulty dealing with stress
- Difficulty adjusting to new situations and integrating new experiences
- Lack of personal accountability and follow through
- Unachieved goals, dreams and visions

We need boundaries to:

- Define us - What is me and not me, shows where I end and another begins provides proper sense of ownership
[fenced in yard]
- Protect us - Keep nurturing in, harm out
[have barb and gate on the fence]
- Empower us – Clarifies what to own, gives freedom
[can do with yard as wish]
- Organize us - Responsible to others and for ourselves, carry our own load and can help others with theirs but it is still theirs
[responsibilities with yard]
- Promote us - Taking responsibility opens up options!
[can show off yard and entertain]
- Preserve us (purpose and mission) - Holds us true to our values
[can create lifestyle we want]
- Affirm us – We get to authentically show up and shine
[win best yard of the neighborhood award]

Boundaries contain:

Feelings, attitudes and beliefs, behaviors, choices, values, limits, talents, thoughts, desires, love

Types of boundaries:

Skin, words, truth / integrity / authenticity, geographical or physical distance, other people, time, emotional distance, structure, expectations, consequences

Transgressors of boundaries:

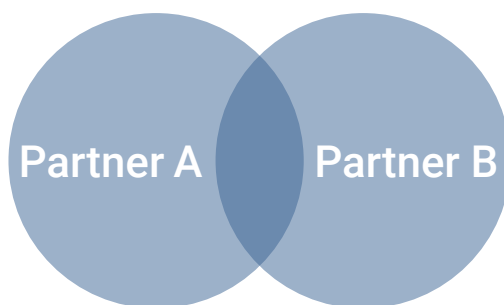
- Compliant – say yes to bad
- Avoidants – say no to good
- Controllers – don't respecting others' boundaries (aggressive, manipulative)
- NonResponsives – don't hear others' needs

Transgressors in Action: Boundary Conflicts

	Can't Say	Can't Hear
NO	<i>The Compliant</i>	<i>The Controller</i>
	Feels guilty and/or controlled by others; can't set boundaries	Aggressively or manipulative violates the boundaries of others
YES	<i>The NonResponsive</i>	<i>The Avoidant</i>
	Sets boundaries against responsibility to love	Sets boundaries against receiving care of others

Set effective boundaries by staying in your own circle!

Imagine we are represented by circles. You are a circle and your partner is a circle, where the encircling lines represent your boundaries. Now imagine the two circles overlap by a 1/3. The middle area is the Relationship. You are each responsible for Minding your own circle and contributing awesomeness to the middle. If you leave your circle to go into your partner's, their circle gets crowded causing them to withdraw, shutdown or disappear... If you drag your partner into your own circle, yours get crowded with the same result. Either way, neither of you is Minding your own circle becoming disempowered, not present and unavailable for your Life... This works the same way if your partner is doing the boundary crossing. Most of the time, a combination of boundary crossings by both partners takes place, making for stuck interactions and dynamics...



Middle Area is the Relationship

Our job is to bring our Authenticity and Radiance to the Middle!

The best approach to having an amazing relationship is to expand our capacity and skill for being tolerant, accepting, and compassionate towards our partner while being accountable and having appropriate boundaries ourselves... We don't want to freak out over mundane things, and we don't want to overlook inappropriate and harmful behavior and attitudes.

The best approach to having an amazing relationship is to really mind what we put into it... We tend to focus on what our partner puts in, victimizing ourselves... We pat ourselves on the back for putting in things we want to put in, as opposed to things that nurture the relationship and that our partner prefers. What's the point of that?! We don't have to work so hard or invest so much. We just have to do the right kind of investing, giving in our partner's love language. It goes a longer way...

There is a saying in networking circles: *"Givers, Gain"*...

Take Responsibility & Empower Yourself

Your relationship(s) will not change unless you change!

Now, we are not looking to change your core you. We are looking to have you continue to grow up and develop. We are looking to have you Evolve. This almost feels like you are a different person. Yet, the Essence of you is still there. It's an amazing experience. You don't lose you, you gain YOU.

Your partner cannot get you if daggers (nagging/criticizing or stonewalling/dismissing) are coming at them. It is your job to be a responsible sender of your message. It is your job to hear your partner. It is your job to set boundaries and get your needs met. When each partner takes responsibility for their side they automatically invite the other to respond differently. ALWAYS look at what you can do differently regardless of what your partner is doing.

This includes setting boundaries for inappropriate behavior, which at times might mean leaving the relationship. Sometimes our partner is slower on the uptake, and we run out of juice or stamina to continue trying to change the pattern. Your job is to recharge your Self and get support. Worst-case scenario, you can decide you no longer want to do this. That is always your prerogative. Just know, that if you haven't stretched enough to develop your Self that your Composite hasn't changed and therefore you will continue to attract and cocreate relationships with similar patterns...

Taking responsibility means doing your own work to evolve your Self. It means taking responsibility for your own state of mind and conscientiously working at changing it to a positive state at all moments... Feel all your feelings, but don't dwell on hurtful or negative ones. Feeling bad does not validate that you've been wronged. Keeping yourself in that state just means you are playing victim. STOP THAT! You have control of how you feel... Take charge!

When you choose to feel bad and dwell in feeling bad, you are not taking responsibility for yourself. You are not being accountable for yourself and to your loved ones and are missing out on creating the next beautiful moment. When you do this, you are actually disempowering your Self, and you are most likely in your partner's circle... Which disempowers them in return. This is a lose-lose situation.

Get out of your partner's circle and back into yours. Get yourself in a better state and then go find your partner to make things better and keep things moving. It is imperative that you take charge of yourself!

This does not mean we are enabling our partner to wrong us. It means we change how we show up so we can invite and inspire our partner to show up better for us as well...

☀ Going forward whenever you are triggered:

- First take a moment to identify what is happening – review your thinking for any dirty thinking (distorted cognitions, scripts, meaning, beliefs) and how you are minding your ownership (whose circle are you in?)
- After you clean that up, you'll automatically feel much better – then do anything else to help you manage your state and feelings further (self soothing / self-care / high vibration energy)
- Once you have your Self back (you are no longer in a triggered state), approach your partner sharing what happened for you, how you were triggered, how you managed it, and what you'd like to see different going forward so you don't get triggered. Discuss a behavior change that works for both of you.

Become irresistible to your partner

When we don't own ourselves, own our partner instead, are in a perpetual state of dissatisfaction in relation to our partner, operate from fear with freeze, fight or flight responses, use whatever flavor our ego and defense mechanisms take, are in a state of low vibration energy and negativity, we are not attractive. In fact, we are down right repulsive!

When we start owning our Self and are mindful, respectful, intentional, boundaried, vulnerable, compassionate and appropriately engaged, we feel 100% better and sparkle. We are a lot more attractive and inviting to our partner. We seduce and inspire them to be there for us the way that touches our heart.

To expect our partner to do this when we are being repulsive is just ridiculous. That expectation just sets everybody up for disappointment and torture. You are just inviting more of the same pattern and creating a lose-lose situation.

Your job is to show up with your best Self and to continue to evolve your Self (through stretches, etc.) – that's it! From that place, magic happens. From that place, your partner trips over themselves to be there for you...

Feeling each other and connecting

Once you straighten out your mindset and work your side of things with your stretches..., feeling your partner becomes a lot easier as the usual triggers and defenses are greatly reduced...

Once you share visions and values and implement success habits flowing from them, feeling connected and staying connected becomes a lot easier as you have supportive built-in mechanisms to assist you.

The key here is to be Present for your Self, your Partner, and your Life...

BONUS: Basic Emotional Driving Needs

- ♦ Certainty/Security
- ♦ Uncertainty/Variety
- ♦ Significance/Importance
- ♦ Love/Connection
- ♦ Growth/Learning/Success
- ♦ Contribution/Legacy



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