METRORELATIONSHIP™

METROPOLITAN MARRIAGE & FAMILY THERAPY, PLLC
www.MetroRelationship.com

Relationship Enrichment Mini Retreat

By Emma K Viglucci, LMFT

You **CAN** create the relationship & life you want!

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Keeping the love alive is not easy. Relationship slumps are common, but they don't have to do you in. Learn to recharge your relationship and rekindle your love.

Partners operate as if once they have a commitment from each other that the relationship box can be checked off.

Because we finally found our Soulmate (an outstanding match for us with all the potential in the universe), it doesn't mean that we can now move on to other projects or life endeavors…

This is the furthest thing from what we should be doing (yes, I'm using the word should- that's how important this is!).

If we don't make a commitment to be fully invested in our relationship from now till we choose otherwise, we won't have a choice about it eventually… If we don't invest in our relationship, if we don't nurture it, it could get so bad we'd be running for the hills, or living a very unhappy life…

Our relationship is like a garden, if we don't water it, it withers and dies…

The problem is that even when partners have the best of intentions to nurture the relationship and create a successful relationship, they struggle because they end up getting in their own way…

Their relationship mindset, their communication approach, and their repeating patterns are tripping them up.

The relationship is stacked to fail if the partners are not intentional and proactive about creating their radiant and successful relationship.

Emma K Viglucci

OUR RELATIONSHIP IS LIKE A GARDEN, IF WE DON'T WATER IT, IT WITHERS AND DIES…

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This Masterclass Helps You:

PART I: SHIFT FOR BETTER LOVING

Leveling Up for Relationship Success

1 ~ Upgrade to a Relationship Enrichment Mindset™ and reprogram your limiting relationship believes to get unstuck and creating the relationship you desire

2 ~ Uplevel your communication approach to easily get on the same page, prevent fighting, and better get each other

3 ~ Identify what is maintaining your recurring patterns and develop your personalized plan for reprogramming this personal-relational handicap and meeting partners' needs

PART II: STRENGTHEN YOUR RELATIONSHIP

Relationship Strengthening Exercises

1 ~ Loving Hold: Develop New Neuropathways

2 ~ Attuned Breathing: Soothe Your Nervous Systems

3 ~ Deep Eyes Gaze: Witness Each Other's Beingness

4 ~ Hands to Hearts: Expand Love Flow

5 ~ The Love Letter: Share the Depth of Your Love

~~ IMPORTANT ~~

Block time off to dedicate to get started on your transformational processes. For your dedicated time, create a cozy and inspiring space to help you get in the mood and support your work. Turn off all distractions and sequester yourself (LOL)

Have the following handy as well:

- Candle or diffuser, aromatherapy oils
- Zen music or nature sounds
- Water or tea
- Journal and/or Working Notebook
- Pens, color pens, highlighters, stickers and other supplies that you would enjoy
- Calendar

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PART I: SHIFT FOR BETTER LOVING

LEVELING UP FOR RELATIONSHIP SUCCESS

~ 1 ~

EMBRACE A RELATIONSHIP ENRICHMENT MINDSET™

Our believes about romantic relationships, marriage, partnership, trust, romance, intimacy and love inform how we approach and show up to the relationship with our partner.

The way we look at our relationship and our partner makes all the difference as to the kind of relationship we are able to create…

Taking a deeper dive into and reprogramming belief systems that don't support us, limiting scripts, narratives or stories that run the show, and unreasonable expectations that sabotage our interactions, helps us clear the decks and set up a stronger foundation for building the relationship we desire.

BUT FIRST, HERE IS THE RELATIONSHIP ENRICHMENT MINDSET™ FOR INSPIRATION AND GUIDANCE AS YOU DO YOUR WORK…

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THE 10 TENETS OF THE RELATIONSHIP ENRICHMENT MINDSET™

YOUR PARTNER IS YOUR PARTNER

1.Today we are soulmates
We are an outstanding match to each other with all the potential in the universe…

2.We are partners on our journeys
We have an agreement to support each other's Journeys, we are Allies…

3.There is a reason for our partnership
Our match is exactly what we need to become our Best Selves in our Journey through creating our Successful Relationship…

4.Our relationship is our playground
Our relationship is like a playground where we play the Game of Live, our partner is our playmate, our Life Partner, and if we are to Win we are to support each other and play nice…

5.The goal is to continue to evolve
The end goal is to have evolved as much as possible and to have mastered the Game of Life…

6.Our dreams give us purpose
Part of our Journey involves dreaming, having a Vision as a North Star and guiding mechanism…

7.Our life is more meaningful when we make an impact
We are to Win at the Game of Life, not merely go on all the rides or do a daily grind…

8.We can live beyond our earthly years through our legacy
Our time as we know it on earth is short lived, but we can extend our sojourn through our Legacy…

9.Creating the right lifestyle is key
Our lifestyle is to support our Journey and the experience we want to have, including creating a Radiant and Successful Relationship- embracing a Relationship Enrichment Lifestyle™…

10.We are to have our most Brilliant Human Experience™
Our life is to be fully lived and yet transcended… We are to have a Divine Human Experience™…

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WORK IT

Time to get unstuck and moving on the right path… Let's do some reprogramming…

Process 1: Reprogram belief systems that don't support us

1) Make a list of all your thoughts and believes regarding romantic relationships, marriage, partnership, partner, spouse, wife, husband, trust, connection, intimacy, romance, sexuality, love and any other related concept that comes to mind…

Capture what you believe about these concepts, how you think they work in the world and in our society, how they work in your life, how they have worked for you, and how they have disappointed you.

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2) Go back to your list and mark the ones that have undermined your happiness and held you back from creating the relationship you desire…

3) Make another list now transforming those beliefs into more productive, positive, and supportive beliefs. Use new information or exceptions you've noticed to help you deconstruct them, find a new way of looking at them, find what is positive about them, identify how they might have provided you with secondary gains (they actually served a purpose in your life), determine that you no longer need that secondary gain, and so on. Dismantle and reconceive the thoughts.

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4) Review your new list and identify/mark which believes reprogramming are the most significant and impactful- which gave you an aha moment or lit a lightbulb. Which feel empowering and transformational? Select your top 3, and list them here:

5) Given this shift, what will you do differently going forward? What conversation do you need to have? What will you concede to your partner? Where will you stop power-struggling? What next steps will you take? What new boundaries might you need to set? How will you step it up in your relationship? What requests might you make? What else comes to mind to action?

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Process 2: Reprogram limiting scripts, narratives or stories

1) Capture a stream of consciousness about how you see your partner, your relationship, your dynamics, your repeating patterns, how you are treated, how you would like to be treated, what gets on your nerves, how does your partner let you down, how you treat your partner, how you would like to treat your partner, what might be getting in the way…

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2) Go back to your narrative and identify what feels like a broken record or a running script…
Capture your top 5 Stories:

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3) Now rewrite each story… Be more open-minded in your assessment- more gracious and compassionate, place the complaints and observations into context, give your partner credit where credit is due, own your crap- stop victimizing yourself, what happens for you when you carry on with your script, what might happen for your partner when you carry on with your script, note how your script was disempowering to you both, add loving and empowering observations to your new stories…

4) Select one of your stories to share with your partner and schedule time to discuss it, talk about how you can both have each other's back when it comes to this going forward.

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Process 3: Reprogram unreasonable expectations

1) Note your thoughts about your partner and the following - chores, responsibilities, tasks, activities, systems, interactions, moods, self-care, appearance, self-management, timing, planning, support, generosity, gifting, love language, affection, fun, visioning, finances, parenting, leisure time, couple time, family time, and others that capture your attention…

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2) Identify themes of how you look at your partner, their contribution to the relationship and the family, and how they treat you…

3) For each theme, note if you are in your partner's circle (in their business / personal space) and owning them, if you are imposing your preferences on them, if your partner hasn't opted-in, if you partner had no input, if your partner has a different approach that you don't like, if your partner has different strengths, if your partner doesn't know what you like, if your partner has other demands, if your partner doesn't agree with you, if there are unspoken assigned roles or inferred commitments, anything else of note…

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4) Now capture from the work in #3 the pattern of how you address expectations, needs, preferences, likes and dislikes, and such… Note what might be unreasonable about it.

5) Identify how your approach is setting you up to be disappointed, and what you will do differently about this pattern going forward.

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PART I: SHIFT FOR BETTER LOVING

LEVELING UP FOR RELATIONSHIP SUCCESS

~ 2 ~

UPGRADE YOUR COMMUNICATION APPROACH

It's interesting that people who consider themselves the best communicators still have ways to go… These partners tend to over communicate, they are verbose, loud, and large not leaving any room for their partner to show up…

The opposite goes for the other partner, because their partner does all the communicating, they take the easy way out by barely showing up…

What's of note here is that the partners are perpetuating a cycle of feeling stuck, misaligned and not able to easily get on the same page. Their styles might trigger other sensitivities in each other, creating more tension and discontent. This can build up to create resentment and fertile ground for disagreements, arguments, and full out fights.

These partners don't feel they have a Partner. They go at the relationship as if they are on a legal trial for their life. They are out to prove themselves right and treat their partner like the enemy. These partners keep tallies when relationship math doesn't add up…

REMEMBER, YOU ARE ON THE SAME SIDE. YOU ARE BOTH RIGHT. YOU BOTH CONTRIBUTE TO THE RELATIONSHIP YOU ARE CREATING…

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Time for more alignment and getting on famously… Let's do some upleveling…

Process 1: Get on the same page

1) List the relationship, family or life topics you believe you are not on the same page about, then rate them from 1 to 10 (1 being- it doesn't really matter to 10 being- it matters a great deal).

Note, your tendency to want to create drama or be totally dismissive as you rate your list. Try to mitigate the tendency. This list is not to make a point about how different and incomparable you are.

You ARE different, it doesn't mean you can't work through and with the differences… Remember, you are Allies and on the same side!

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2) Capture 3 topics that were rated the highest and explain why you believe you are not on the same page.

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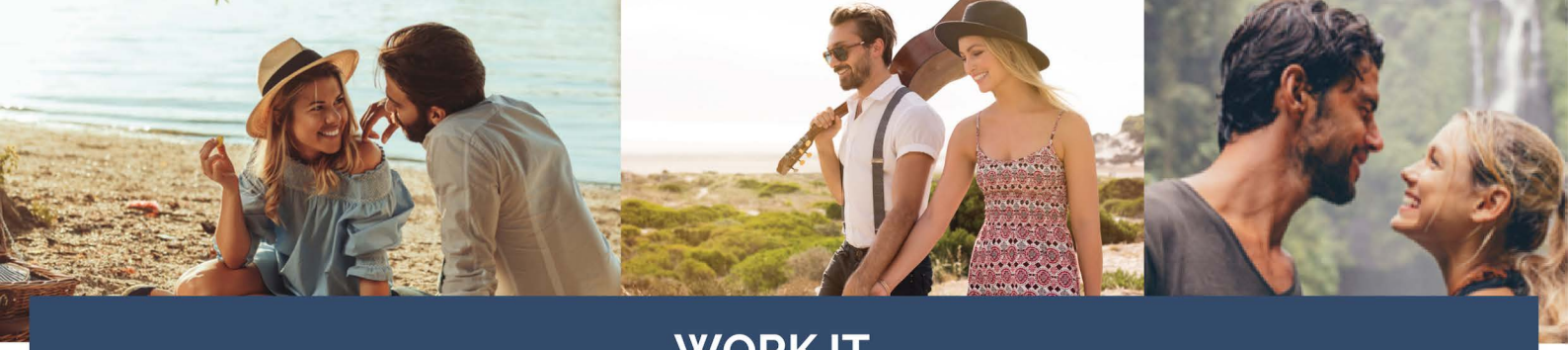

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3) Now given the work you've done on your limiting believes, scripts and expectations, rewrite these topics from a more evolved, intentional and collaborative perspective…

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4) How have you shifted to more easily get on the same page with your partner? Did you change your position, did you see other options, did you understand your partner's side better, did you incorporate the differences, did you find a wonderful middle ground, what else?

5) Invite your partner to discuss your newfound perspective on one of the topics, and to an intentional and collaborative conversation…

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Process 2: Prevent fighting and understand each other better

1) Make a list of the things, times or issues you tend to fight about.

2) Sort the items into categories- like how to do things, timing, transition, miscommunication, etc.

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3) For each category, right how your partner is right… This is super important, because in most instances both partners are usually right… If you'd able to find how they are right, you'll are able to approach your partner and address the topic differently…

4) For each category, note what's important about it for you- not from a stubborn place, but from a place of being understood and meeting your needs…

5) For each category, note what's important about it for you- not from a stubborn place, but from a place of being understood and meeting your needs…

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PART I: SHIFT FOR BETTER LOVING

LEVELING UP FOR RELATIONSHIP SUCCESS

~ 3 ~
TRANSMUTE YOUR PATTERNS

Partners think they fell in love with or chose their partner because of some checklist they created or followed, or some other logic... But this couldn't be further from the truth… You are with your partner because you are a splendid match to recreate your patterns! Sorry, don't shoot the messenger…

You see there is actually an unconscious attraction going on between you… You each have the gift of triggering the other's sensitivities at the core where it really hurts, and therefore providing an opportunity to address any unresolved and lingering issues…

This close and intimate relationship is a reminder of our close and intimate relationship with our primary caretakers… Some characteristics and behaviors from our partner have the ability or potential to hurt us in the same way we were hurt growing up, and vice versa.

We get stuck in dissatisfying patterns if we are not otherwise intentional because our defenses when we get triggered, trigger our partner, and vice versa...

You see the conundrum? If we are not proactive and intentional about our interactions, personal development, and relationship enrichment, we get stuck in a repeating loop that makes for mediocre relationship or one that doesn't last…

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Time to get a more rewarding, joyous and happy pattern going… Let's do some personalized planning…

Process 1: Understand your recurring patterns

1) Of all the issues, all the disagreements, and all the fights, identify the recurring pattern that plays out…

Follow the prompts below, capture them in the table on the next page in their corresponding boxes where applicable:

a. What do you do when you get upset with your partner – note all the emotional behaviors

b. How does that make your partner feel – list emotions they might feel

c. What do they do in turn – note all the emotional behaviors

d. How does that make you feel – list your emotions

e. *Make a dot in the middle of each box, then connect the dots from box a), to box b), to box c), to box d). Do you recognize the shape made? (Refer to the diagram on the page after the table for a visual…)*

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IDENTIFY YOUR RELATIONSHIP DYNAMICS

YOUR REPEATING LOOP & CHANGING PATTERNS

	YOU	YOUR PARTNER
BEHAVIORS (Defenses...)	a)	c)
EMOTIONS (Wounds...)	d)	b)
NEEDS (Unconscious Drivers...)	f)	g)
MEET NEEDS (Antidote...)	h)	i)

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THE INFINITY SIGN

YOUR REPEATING LOOP & CHANGING PATTERNS

	YOU	YOUR PARTNER
BEHAVIORS (Defenses...)	a)	c)
EMOTIONS (Wounds...)	d)	b)

YOUR DISSATISFYING LOOP WILL GO ON FOREVER UNLESS YOU DO SOMETHING TO CHANGE IT...

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Process 2: Change your recurring patterns

Now that you see your repeating patterns, how they get triggered and maintained, you can be intentional about changing them. Keep working in the same table as before.

f. Translate Your Emotions to your Needs (i.e., if you feel abandoned or taken for granted, your need might be for connection or attention)

g. Translate Your Partner's Emotions to their Needs (i.e., if they feel nagged or criticized, their need might be for individuality or acknowledgement)

h. Identify 4 specific, measurable, recurring behaviors to meet your needs –> 2 you'll do for yourself, 2 you'll ask your partner to do for you (select items your partner is able to do…)

i. Identify 2 specific, measurable, recurring behaviors you'll do for your partner to meet their needs.

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WORK IT

Process 3: Heal and Evolve…

j. Request time with your partner to review what you discovered and to get their input (confirm their side).

As part of your conversation, share what unresolved wounds, past traumas, or fears are driving your Emotions box. See if you can make the connection to where these feeling originated in your childhood…

Share about how you protect yourself from these feelings, the defenses you use… And, recognize how they might trigger your partner…

Also, this is the time to make the request for them to contribute to meeting your needs.

Be curious about your partner's side as well. Mindfully inquire about their drivers- their emotions/feelings and where they might have originated… Be graceful and compassionate if your partner does not have as much awareness into their side. Work with what you have…

Check with them if they like what you came up with for box i) and tweak as necessary…

Going forward, be mindful not to trigger your partner, properly address your triggers, and work on being less triggerable by getting your needs met…

TRACK THE ACTIONS TO MEET NEEDS:

FOR YOUR:

FROM YOU-

FROM THEM-

FOR YOUR PARTNER:

FROM YOU-

NOTE, MEETING YOUR NEEDS IN THIS WAY HEALS PAST WOUNDS AND RESOLVES UNFINISHED CHILDHOOD ISSUES… AND, BY MEETING YOUR PARTNER'S NEEDS, WHICH WILL BE A STRETCH BECAUSE THEY MIGHT SEEM OPPOSITE OF WHAT YOU NEED/WANT…, HELPS YOU GROW AND EVOLVE…

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PART II: STRENGTHEN YOUR RELATIONSHIP

RELATIONSHIP STRENGTHENING EXERCISES

~ 1 ~

LOVING HOLD

Develop New Neuropathways

Invite your partner into an intimate emotional exercise…

Dim the lights, put on Zen music…

Sit on your bed with your back straight and supported against the headboard, or on the floor on a rug with your back supported against a couch, and your legs extended out.

Have your partner sit next to you, on your right, then scooch down a few inches and turn to face towards your right with their legs extended out perpendicular to yours. If you lift your right arm to your side, they should be aligned with it.

Now, have them turn their torso towards you and lean back on your legs, wrap your arms around them. **This will look like you are cradling a big baby…**

Do whatever adjustments are necessary for your partner to feel they are being cradled. You should both be comfy.

Hold this position for a few minutes.
No need to talk.
Quite down your minds.
Enjoy the hold…

Then, switch turns.

Enjoy!

You are invited to do this exercise often…

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PART II: STRENGTHEN YOUR RELATIONSHIP

RELATIONSHIP STRENGTHENING EXERCISES

~ 2 ~

ATTUNED BREATHING

Soothe Your Nervous Systems

Invite your partner into an intimate emotional exercise…

Sit comfortably on your bed or a couch. Turn your bodies towards each other, have your foreheads touch, close your eyes.

Focus on your breathing for a few seconds, in and out…

Then notice your partner's breathing for a few seconds, in and out…

Then start synchronizing your breathing, in and out…

Do this for a couple of minutes.

Enjoy!

You are invited to do this exercise often…

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PART II: STRENGTHEN YOUR RELATIONSHIP

RELATIONSHIP STRENGTHENING EXERCISES

~ 3 ~

DEEP EYES GAZE

Witness Each Other's Beingness

Invite your partner into an intimate emotional exercise…

Sit comfortably on your bed or a couch. Turn your bodies towards each other, and gaze into each other's eyes. This is not a staring context, you are allowed to blink.

Just look at your partner. Look into their eyes. Hold their gaze. See them…

Do this for a couple of minutes.

Enjoy!

You are invited to do this exercise often…

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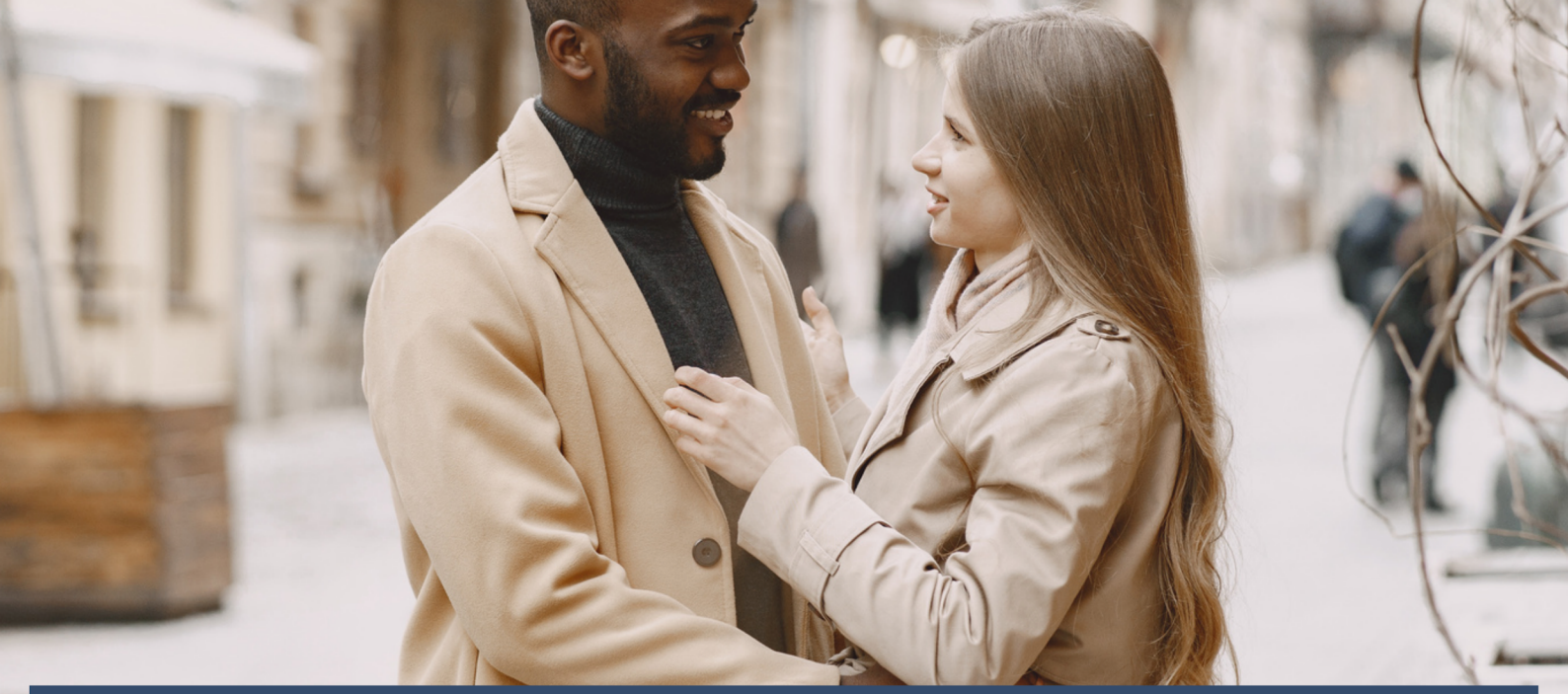

PART II: STRENGTHEN YOUR RELATIONSHIP

RELATIONSHIP STRENGTHENING EXERCISES

~ 4 ~

HANDS TO HEARTS

Expand Love Flow

Invite your partner into an intimate emotional exercise…

Sit comfortably on your bed or a couch. Turn your bodies towards each other, and gaze into each other's eyes. Put your left palm on your partner's heart and have them put theirs on your heart.

Feel the beating of your hearts…

Imaging love whisps flowing from your heart to your partner's, and then from theirs to yours…

Smile…

Do this for a couple of minutes.

Enjoy!

You are invited to do this exercise often…

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PART II: STRENGTHEN YOUR RELATIONSHIP

RELATIONSHIP STRENGTHENING EXERCISES

~ 5 ~

THE LOVE LETTER

Share the Depth of Your Love

Create a quiet moment for yourself. Have your fun supplies recommended at the beginning of this Masterclass with you. Bring blank sheets of paper as well. 🙂

Put on soft, Zen, music and a candle. Grab a cup of tea. Set the mood to turn inwards and connect with yourself.

Roll your shoulders. Take a few deep breaths.
Put your left hand on your heart, feel your heart beating…

Take a moment to think good thoughts about your partner. About your love for them…

Now, turn your attention to a blank page, or sheet of paper.

Capture all the things you love about your partner…
Capture all the ways you love them…
Capture all their idiosyncrasies and quirks and how much you still love them…
Capture how full your life if because of them…
Capture all the other ways they are your person…
Capture all the love…

Beautify this letter as you see fit.

Design and implement a romantical delivery of this letter.

Enjoy!

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