



WHEN TO END IT, WHEN TO STAY

DISCOVER THE RIGHT CHOICE FOR YOU

COURSE MANUAL

ALINA FRANK AND CRAIG WEINER, DC

When to End It, When to Stay Making the Right Choice

Table of Contents

<u>The Nexus Point Model of Relationships</u>	3
Personal Introduction	3
Course Overview	4
Nexus Point Model	
Layer 1 Key Pivotal Experiences (KPE).....	4
Layer 2 Limiting Beliefs (LB).....	4
Layer 3 Vibrational Cellular Experiences (VCE)	5
Layer 4 Negative Relationship Experiences (NRE)	5
Layer 5 Negative Cognitive Manifestations (NCM)	5
Layer 6 Vibrational Body in Relationship (VBR).....	6
Layer 7 the Nexus Point (NP)	6
Emotional Freedom Technique and Tapping Instructions.....	6
<u>CHAPTER 1: ONCE UPON A TIME</u>	9
Key Pivotal Experiences and Core Beliefs	9
How We Learn About Relationships	9
Relationship Instructors	10
Messages from Fairy Tales and Symbols	12
Our Family and Ancestral Patterns	13
Media, Religious and Societal Influences	13
Childhood; Where Seeds are Sown and the Story of Amy and William.....	14
Core Issues Tapping Script.....	16
Core Issue Homework	17
<u>CHAPTER 2: THE DISCOVERY OF RELATIONSHIPS</u>	18
Nexus Layers 3 and 4; VCE, NRE and the Law of Attraction.....	18
Early-Adolescence.....	19
Adolescence	20
Self Image Issues	21
Emerging Sexuality, Crushes and Dating	22
The Power of Peers	23
Breaking Free	24
First Adult Relationships	25
Matrix Reimprinting Exercise for First Relationship Heartbreak.....	26

CHAPTER 3: THE STORY OF US.....

The How We Met Stories 28

Your Relationship Genesis Questions 29

Three Stages of Love and Hormonal Influences 30

First Signs of Trouble 31

The Peas Under your Mattress 33

Dealing with the Relationship Challenges 33

Negative Cognitive Manifestations and Symptoms of a Bad Relationship..... 34

Common Projections..... 35

Vibrational Body in Relationship (VBR) and Mind/Body States..... 36

Stay or Leave Tapping Script..... 38

Stay of Leave Homework..... 38

CHAPTER 4: THE BRIDGE TO THE FUTURE..... 40

Feeling Stuck 40

Fear and Why People Don't Leave Bad Relationships 40

Four Scenarios: Mutual Separation, Re-Commitment, Moving On and
Taking the Lead 42

Dr. Gottman's Seven Principles of Making a Marriage Work 43

You Should Consider Leaving If..... 44

Future Imprinting Exercise 46

Trust and Faith..... 47

Bridge to the Future Exercise..... 48

The Nexus Point Model of Relationships

Welcome to the Nexus Point of Relationships. Our promise to you is that we will teach and support you with all the tools we've used on thousands of our clients who were feeling stuck in their primary relationship. A relationship that is destined to succeed, but is currently dysfunctional, will transform at light speed. A relationship that is destined for completion, will eventually do so on its own, without the tools we'll be sharing and you'll likely be in a holding pattern that can last for months, years and even decades.

Before we get started we'd like to further introduce ourselves to you.



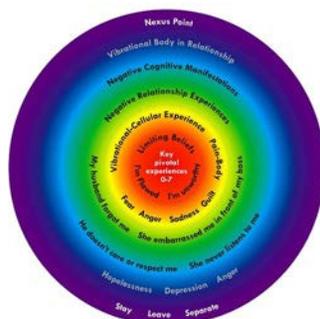
I am Alina Frank and am an EFT and Matrix Reimprinting trainer and coach as well as host of the popular EFT radio program, [*Health Wealth and Freedom with Alina*](#). I have also co-facilitated the online program, *Learn to Find Love*, with founder Julie Vinik. For the last fifteen years, *Learn to Find Love* has a track record rate of 98% successful happy marriages amongst its graduates. Participating in that and through the years in my private practice, I have found commonalities; patterns and ways of finding resolution that have inspired this body of work.



My name is Dr. Craig Weiner and I have been working for over twenty five years in diverse health fields as a chiropractor, body-worker, EFT and health coach, workshop and retreat leader and creator of the program, [*The Transformational Dialogues*](#).

Together, Alina and I are the developers of the online series [*Path 2 Passion*](#), a popular course on the subject of increasing passion and intimacy in relationships. We also happen to be living subject matter for this course, as we have had to work with many of the issues we teach in the process of finding each other as life-mates.

After numerous combined years of specializing in the field of relationships, we have yet to come by a faster, more effective process than EFT for creating clarity, for improving heartfelt communication, for enabling clearer decision making and for empowering individuals and couples.



The Nexus Point model is one that we have developed to help explain how you got to this very place in your relationship and how to transform your life from it. We will assist you from where you are, to where you want to be, in a manner with integrity, and is enacted with compassion and moves at a pace that will bring you to your next step faster than would have happened otherwise. We wish to be very clear that we hold neither preference nor judgment for either path that you may choose, whether it be a fabulous and joyous re-connection with your partner or a profoundly powerful completion and a step in an alternate direction of your choosing.

We will begin by reviewing the Nexus Point model. In the center of these concentric circles you will see the **Key Pivotal Experiences**, (KPE), from zero to seven years of age. We want you to be aware that any disturbing event that happened in the first years of life before ages six or seven may have potentially made you feel as if your very life was threatened in some way.

You might think that life impacting events at this age need to be major Big T traumas, as in falling off a high tree branch, your parents divorcing, your favorite dog being run over or having your family move from place to place, or an event that did threaten your physical safety and well being. Smaller T traumas could have been losing your mom in the grocery store, losing a special sea shell, getting corrected by a teacher in kindergarten. While these could certainly be impacting events for many young children, even incidents that are seemingly innocuous to you as an adult, may have created an inability for you to live out the full life that you have desired.

In the second layer are the **Limiting Beliefs**, (LB) that have the potential to last for a lifetime. Beliefs are constructed as a result of these key pivotal experiences. They might look like “I’m flawed” or “I’m unworthy” or “I have to be perfect to be loved” or the ever popular “I’m not good enough”.

Here is a scenario that may better illustrate our point. If an adult were alone at home for several hours and cut their hand, they would be able to create a clear remedy for the situation. They might wash and bandage the cut, distract themselves from the pain, call someone for assistance, and if severe enough, drive to an emergency room. This same person as a teenager might feel angry that there is no one around to help them find the bandages, or might feel despair because they are all alone to handle the situation. They too could choose to distract themselves from the pain or make a phone call for help. If the same event happened to a seven year old, they might panic seeing the blood, feel alone and experience a sense of confusion on how to best make the bleeding stop. They too would probably manage to reach out to a neighbor or call someone for help. Now imagine a scene where this happens to a two year old and the child feels as a result, that his very life is in danger, because there really isn't anything that child can do. He or she can only rely on their caregivers, and if they can't, then terror arises. The decisions and beliefs that result from such an event could have long lasting implications, including that the world isn't safe, that people aren't there when you need them and that you can't put your faith or trust in other people.

The third layer is the **Vibrational Cellular Experience, (VCE)**, or what Eckhardt Tolle calls the Pain Body. In other words, because of the limiting beliefs that were imprinted there are certain automatic emotional responses that each of us use as a "Go To" place. These are your default feelings that arise under stressful situations. We learn from our early experiences that how you respond when someone disappoints you is to feel _____. You fill in the blank. For you it might be anger, for another its sadness and for me for many years it was the guilt that I must have done something wrong to have caused it.

The fourth layer includes potentially negative experiences in relationships that you may attract based on your third layer. We will call this the layer of **Negative Relationship Experiences, (NRE)**. Examples of this might be, "My husband forgot our anniversary once again", or "My girlfriend always corrects me and this time embarrassed me in front of my boss." These are the types of occurrences and experiences that happen repeatedly with a theme based upon your **Pain Body**. It is the frequency at which we are emotionally vibrating. It's like we are broadcasting a signal to the universe with our signal ID attached. The events just seem to keep happening, even with different partners, even with years of counseling, even with improved communication training, even with self-help books and even when our shelves are brimming with well annotated workshop manuals.

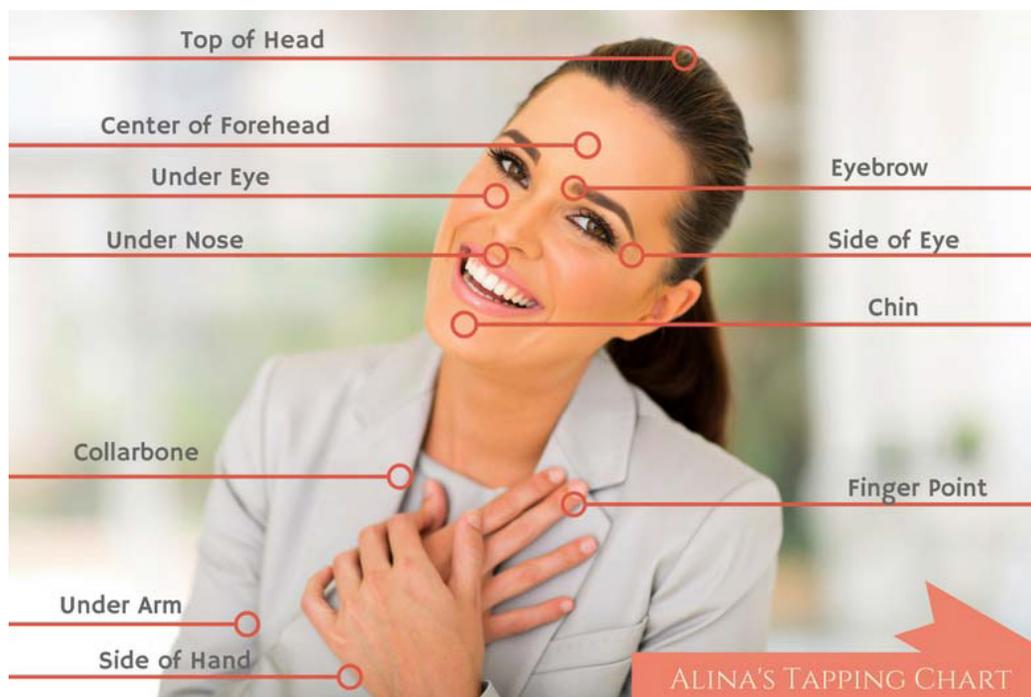
The fifth layer is that of **Negative Cognitive Manifestations, (NCM)**, and they are the conclusions and generalizations that are made about the person you are in relationship with, based upon the repeated negative experiences. No one ever comes to us for help saying "A good example that proves how my husband doesn't respect me is like last night when he didn't fold the laundry when he promised me he would." We never hear "I know that my girlfriend doesn't find me sexy anymore because she wouldn't have sex with me when I asked her to last night." Instead, we hear things like, "He NEVER respects me" or "She doesn't EVER show me that she loves me anymore". We tend to

think of experiences from this layer in broad strokes; making big pronouncements of “this is how things are and how things will always be”, rather than seeing the specific variations and nuances of any singular experience.

Next is the **Vibrational Body in Relationship, (VBR)**, layer. This describes the long term effects that result from the generalizations and conclusions that we make. It also represents the long term conditions that result farther down the continuum of what was experienced such as fear, anger, sadness and guilt. For example, long term fear may lead to situational anxiety; incessant anger may lead to experiences of rage and possible hypertension; long term sadness may create the propensity towards depression and non-resolving guilt lived out for years in a relationship can lead to a state of chronic resentment and addictions.

The final layer is when one reaches their personal **Nexus Point, (NP)**. This is when a person in relationship gets to the breaking point of needing to decide whether to stay connected or not to their partner. At this point you might hear yourself saying “I can’t and won’t take this anymore”, but at the same time you may still love the other person and want to find some way to turn the relationship around and make it work. You feel frustrated and stuck and trapped. On one day you say to yourself “I’m out of here, I’m leaving, and I’m done”. The next day you hear about a new spiritual couples based somatic therapy that promises to transform your marriage. Then you think that it could be worse, or my parents made it fifty years or I would rather be in it than alone. Wherever you are is where you are, nobody else’s situation really matters. This is your time to take a stand for yourself. This is the time that you learn to not be controlled by your early stories, your habitual responses and your subconscious scripts.

And this where our work together begins...



Now we'd like to go over the basics of tapping, which is at the heart of the work that we will be doing.

Before we begin any actual tapping, we need to offer you some important information regarding your well being. The information we are about to teach you, is not a substitute for counseling nor is it advice of a medical nature. You are strongly encouraged to discuss your use of EFT with your therapist and/or physician. Accessing, downloading, listening to, or viewing this information, does not constitute a professional relationship with Alina Frank or Craig Weiner. EFT as a clinical entity is considered an experimental self help tool and the information in this program is meant to inspire and educate its audience.

We will be using the terms EFT and tapping interchangeably throughout the series. Matrix Reimprinting is simply an advanced technique within EFT. To find out more about EFT, we recommend that you visit www.tapyourpower.net and www.efttappingtraining.com.

In the EFT worldview, it is assumed that most of life's impasses involve emotional challenges or blocks that are nothing more than disruptions in the meridian energy system. This is the same system that is the foundation of Chinese Medicine. What causes these disruptions? These disruptions are caused by anything that creates stress, fear or a sense that your survival has been threatened. We will speak more about this later, but let's continue with an explanation of how EFT works.

The meridian energy system used in EFT has been practiced in healing for thousands of years. It is often said that what is being done is akin to performing emotional acupuncture without needles. What do we use instead of needles? We will be using our very handy fingertips. That's right. As weird as this might seem at first, you will soon be convinced, as you may start to feel results almost immediately. You will be tapping on points on your head, hand and upper body.

To begin, you will take the four fingers of your dominant hand and tap on the area on the side of your other hand, between the base of the pinky and the top of the wrist. This is known as the side of hand point for obvious reasons. We begin all the rounds of tapping by stating an affirmation statement three times while continuously tapping this area. You will be going at a pretty quick pace. Something like tap, tap, tap, tap, tap, tap.

How hard should you tap? Tap with the same pressure that you would apply if you were drumming a tabletop or pushing the numbers on a touchtone phone whose keys are a bit sticky. It doesn't help to tap harder and you may actually bruise yourself if you tap too hard, so be gentle.

Begin step one by tapping on the side of your hand while repeating the affirmation (we will review the creation of an affirmation statement in just a minute). The next place to

tap is the **Top of the Head, (TH)**. You will still be using the four fingers of your dominant hand. You will be tapping continuously at a quick and steady pace.

Next, tap with two fingers (try your second and third fingertips) on the start of your eyebrow (choose left or right or both sides simultaneously), closest to the bridge of the nose. This is the **Eyebrow Point, (EP)**.

Next, continue to tap with two fingers on the **Side of the Eye, (SE)**, on the bone just outside the eye socket, but not so close that you blink. Again, it does not matter whether you tap on the right side of the face or the left, or both sides with both hands simultaneously.

The next point is **Under the Eye, (UE)**, and that is about one inch below the center of the pupil on the bony ridge.

The next point is **Under the Nose, (UN)**, and midway between the bottom of the nose and the top of the upper lip.

The next point is below your bottom lip on the indent or line above your chin. This is the **Chin Point, (CP)**.

The **Collar Bone Point, (CB)**, is next. For this point you will make a soft fist and gently tap on the area where a man would tie the knot of his necktie.

The next point is under the arm and since this is a large area you will want to use four fingers and tap on the opposite side. This larger area is located under the arm pit on the side of the body where a woman's bra strap crosses to her back. This is called the **Under Arm Point, (UA)**.

Finally, you will go back up to the head and tap on the top of the head and finish with taking a deep breath in and out to complete the tapping series.

Don't worry if this seems like a lot to learn all at once. We will be verbally guiding you when the time comes.

To choose your set-up or affirmation statement, the easiest entry into this work without working directly with a practitioner, is to start with the **VBR** arena. Begin with finding what feeling is most currently relevant for you - whether it is anxiety, rage, depression, guilt or hopelessness. Start with a set-up statement on your side of hand point using the words "Even though I feel all this___(fill in the blank with the word that best describes your feelings) about my relationship, I deeply and completely accept myself. Do this three times. Then at all the tapping points we described, you will repeat "this anger, this anger, this anger" and then move to the next point. The goal here is to start releasing what you are feeling as well as find specific events that lead you to the feelings of anger or whatever emotion you selected.

ONCE UPON A TIME

We will begin with an overview of the first two layers of the **Nexus Point Model**.

The impact of **KPEs** and the early childhood hypnogogic state are involved with both big T and little T traumas. From birth to seven years old we live in a brainwave state that is a time where what we experience and learn becomes deeply hardwired into our brains. This means that this hardwiring is like our primary computer operating system that can influence our thinking throughout our lifetime.

Most of us were read fairy tales with happily ever after endings. We were given advice like follow your heart and always look for love. Meanwhile, we directly experienced our parents erupting in verbal and emotional confrontations or practicing the silent treatment. Perhaps you had to witness your father treat your mother more like a servant than his love. Maybe you were told that you were loved but were yelled at or struck for dropping a glass of milk. Or, even worse, maybe you were the victim of physical, emotional or sexual abuse from what was your relationship model template, your parents.

These experiences lead to a set of **Core Beliefs** which are the keys to understanding the filters and eventual worldviews that we look at relationships through. Examples of **Core Beliefs** that are **Limiting Beliefs** are: The world is not really safe. People you love will hurt you. Relationships are hard. You can't really trust anyone.

How We Learn About Relationships

We promise that soon enough we will get to your current relationship, but first we are going back to the times and places where we developed the **Core Beliefs** that may well have predetermined the very predicament that you find yourself in right now.

How we learn how to be in a relationship is directly related to how we view ourselves. What we feel that we deserve to experience in a relationship, is determined by our feelings about our self; our self esteem, as it is commonly referred. The following questions are typical. How much can I appreciate myself? Am I able to forgive myself when I make a mistake? Can I accept myself with all my faults and past mistakes? The ultimate question is can you love yourself and really mean it? Our self worth and self esteem are determined by those childhood experiences that Alina was just speaking about. The key to creating healthy relationships is based on doing our own personal work; which must begin with where we created our ideas and expectations of what a relationship should be.

We will be looking at what we learned about relationships from others.

1. Who were your primary **Influencers** or **Relationship Instructors** that taught you how “to do” relationship?
2. What were **the messages** that you received about living happily ever after?
3. **How did you learn** these lessons?
4. What did you **directly experience** that may have contradicted what you were told?
5. What are the **Core Beliefs** that you wrote into your DNA about people that were implanted in you as a child?

Relationship Instructors

So there you are, a precious child, naturally loving, open, innocent and wide-eyed observing your world around you. You are an observant Jedi. If you were fortunate to grow up with loving, affectionate parents who were in a healthy relationship and well trained in the art of parenting, you would be one of the extreme few. Most of us decided who we were and what we deserved in life from the reflection of how we were treated by our parents. The ways in which we were loved or punished, praised or criticized set up patterns over the years based upon that which we have become accustomed. Unfortunately, we tend to become habituated to circumstances and have the tendency to re-create those circumstances over and over again. The manner in which a little girl is treated by her father, for example, has a significant effect on whom she chooses as a partner later in life. The **Key Pivotal Experiences** in early childhood that have strong emotions associated with them; especially with our parental figures, create the filters we use when we look out into the world to create the partnerships we want. If you take a moment to consider what comes to mind when you think of the qualities that you are most attracted to in a partner, you will likely find very strong roots to your childhood memories.

As I personally recall the primary qualities my father shared with my mother when I was very young, I can feel memories in my body of two of his important behaviors that had a great affect on me. First, he was an incredibly kinesthetic father, always physically tactile and openly affectionate. Repeated exposures of such behavior defined for me what love looked like. I adopted the belief that that to be loving was to be physically demonstrative towards one’s partner. On the opposite side of the equation, there were multiple emotionally intense experiences of my dad and mom arguing with screaming, stomping and doors slamming. As a small child, it scared me to death. I made a powerful decision that anger and confrontation were the worst things in the world. I made an early decision to do anything possible to avoid ever being in a position, let alone a relationship, that demonstrated that emotion.

Clearly, our primary teachers in the art of relationship were our parents. Just how did they teach us for this most important skill of creating and maintaining healthy relationships? I mean, it is a skill that needs to be learned and honed, isn’t it? Are we

expected to just learn it on our own without the benefit of any mentoring? Don't parents have some responsibility to teach their children this skill that they have been practicing and experiencing themselves? What did they really teach us in terms of how to have successful, supportive and loving relationships?

Whoever it was that raised you, be it a set of parents, a single parent, step-parents, grandparents.....How did they impart teachings to you on what an ideal relationship was?

1. Did they read you stories at night when you were young that offered lessons on love and life? What stories or fables do you remember that may have taught you your first lessons about love at first sight? Or about waiting for the prince to come on his white horse and ride off into the sunset and live happily ever after? These stories are powerful metaphors. Even though they may have been childlike in their animated pages, they set up ideals and visions that are carried on far into adulthood, creating expectations that are difficult to actually live up to in anyone's life.

2. Did they ever speak to you directly about falling in love, about challenges that are sure to arise in a relationship, about how to work through difficulties, about compromise and how to forgive? Few of the lessons learned regarding how to be in relationship are taught "explicitly", where they are actually verbally shared and taught to us by our parents. Most parents teach by "implicit" methods, where lessons and meanings are implied and not directly spoken.

Personally, I do not ever recall having a sit down lesson from my parents on love or relationship. Now maybe that's because I don't remember it, but I really suspect it never happened. I had far more instruction on how to hit a better backhand or how to swing a bat than any advice on how to comfort someone that was upset or how to apologize after saying something hurtful.

By nature, we learn through observation and felt experience. We watch and detect the truth of what our parents tell us and how they act themselves. We notice the incongruence and disparities. It's as if parents live on a super IMAX screen; we grow up in the audience front row; we soak it in and decide to be just like them or to never be like them.

What did you learn from listening to your parents? What did you absorb by directly and by experiencing their marriage? What phrases did you hear them repeat over and over that stuck in your head about relationship and marriage?

Did you learn any of the following?

- ♥ Whether there was such a thing as love at first sight?
- ♥ Whether marriage is a loving state or a hard and painful one?
- ♥ Can love really last through good times and difficult times?
- ♥ Could you ever really be happy with just one partner for a lifetime?

- ♥ Whether romantic partners should have a lot in common. Or is it about two halves come together to make a whole. Or that opposites attract?
- ♥ Should you wait until you are thirty or forty years old to get married because your parents married too young and regretted it?
- ♥ That you should just know what your partner wants without them having to tell you all the time?
- ♥ Should you marry for love and passion or for money and security?
- ♥ If a good sense of humor really is the secret to a long and happy marriage?
- ♥ If you should forgive someone if they do something really bad and hurtful to you?
- ♥ Is anyone good enough for you or whether you were good enough for someone really special?

Perhaps you will come up with some more phrases that you heard your parents say or experiences that were key in forming many of your ideas that you still hold to be true; even if they are old-fashioned. Write in a journal about the ones that you find yourself repeating and how you view the world regarding love, relationship and marriage. Try to trace these and jot them down as they will be excellent fodder for later homework assignments.

Messages from Fairy Tales & Symbols

These are repeated for centuries, the everlasting symbols of beauty and courage and happily ever after? Cinderella overcomes all odds, Snow White gets the handsome prince - the stories are symbolic expressions of the human mind and emotional experience. From the Jungian perspective, archetypes were universal symbols showing the way to transformation and development. *Child's Imagination*, 1918, identified psychological connections between the fairy tale and the mind of the child. Children subconsciously confront their own problems and desires on the path to adulthood. <http://thewonderofchildhood.com/2011/06/the-frog-king-or-the-frog-prince/>

Symbols in fairy tales are rich with meaning. The subconscious mind works primarily with imagery and symbol. For those of you familiar with Matrix Reimprinting EFT, you know what I am talking about. A child will want a remote control to turn down the violent voices or a magic wand to change her tormentor into a little mouse, or a parent who doesn't listen will be given big giant's ears. I would like for you at some point during the course of our time together to explore the fairy tale you hear, or watched in a movie form, that really spoke to you. With new eyes spend some time interpreting the meaning behind the story and what was it that personally resonated about it for you.

Let's take one for illustration; one that we all know well, the Frog Prince. In this story, the frog is the symbol of fertility. Think about tadpoles and what they remind you of. The princess is the archetype for the soul; that elevated part of our being. As the story unfolds the princess goes out to play with her golden ball. A golden ball is the symbol for the sun and sun signs; our destiny, our karma, the circumstances we created in order to fulfill our life's purpose; including whom we chose as parents.

In the story she drops the ball in a deep dark well. A well is often the symbol for a portal for the spiritual world. The princess can't get her precious ball back alone and she needs the help of another - the prince in disguise as a frog. We all choose to be in relationship for different reasons but in the end it's about spiritual growth and destiny whether that other person has come to us for a reason, a season, or a lifetime. It's all good.

Family and Ancestral Patterns

Family and ancestral patterns of your parents and grandparents can be very impactful sources of learning what relationships are “supposed to be like”. A lineage of generational relationship stories are created during times of immigration, times of raising families on the land or farm, dramatic periods like the Great Depression, as well as from broken relationships during times that these were more scandalous and unaccepted.

Media, Religious and Societal Influences

Media

The effect of media portrayal of relationship is profound on children, teens and young adults.

1. *Cultivation Theory* and *Social Cognitive Theory* have explored the relationship between consistent themes, attitudes and behaviors that are viewed repetitively on television which shape and are adopted by viewer as their own.
2. A 1996 study by Bachen showed that 90% of teens look to movies and 94% turn to TV for information about love, while only 33% turn to their mother and 17% to their fathers.
3. Idealistic movie and television characters are weighed with greater significance as symbolic models of behavior since children are often surrounded by the same set of people each day.
4. A study by Tanner in 2003 reviewed 26 animated Disney films with a major theme being “Love at First Sight” and characters with idealized qualities including sweetness for woman, braveness for men and beauty for both. 18 of the 26 movies had couples falling in love within minutes, getting married and living happily ever after.
5. Another study in 1995 reviewed the 15 most viewed movies by teens and all of which had a major theme with the notion that “love just happens” and that somehow you just end up married.
6. In addition, several studies found popular teen movies promoting dysfunctional relationship beliefs such as “mindreading is expected” and that “disagreements are destructive”.

Religion

Religious affiliation can also be a powerful force that has an influence on children and how they view love, sex, marriage, fidelity, and other moral values. The role of the specific moral views that are taught, as well as specific views of priest, rabbi, imam, religious school teachers are worthy of exploring.

Nationalities and Race

Pride and a sense of survival may play significant roles on influencing children to remember to keep to their own tribes, so to speak.

Socioeconomic and Educational Status

Affluence vs. poverty and higher vs. lower educational backgrounds may influence what type of person is possible or acceptable to your parents, family or culture.

Each and all of these factors can be embedded into us at an early age. Our internal tape recorder was put on "Record" the entire time awaiting opportunities in life we are not conscious to, when we just hit the "Play button" over and over; often repeating the same patterns and making the same mistakes again and again; even if they cause us pain.

Childhood: Where Seeds are Sown

The story of Amy and William will be used to demonstrate many of the circumstances and choices that people make that hopefully will help you to make the lessons less theoretical and relate to you on a more personal level. These stories are an amalgam of stories from many couples that we have worked with and their names are obviously fictitious.

Amy was an inquisitive, outspoken and creative little girl who loved to dance, draw and make things. She was always trying to please her mommy and daddy.

When Amy was small, she lived in an apartment in East L.A. with her mother, father, a two year-old sister and a baby brother. Her dad was a large man who worked long hours as a taxi-driver. He had a quick temper and frequently found his way to the local bars after work. Her mother was mild-mannered and took care of all the children. She did her best to take care of her family but found herself constantly struggling to keep a sense of order and cleanliness. She verged on being a perfectionist in a home with an unpredictable husband and three children under the age of four. She spent her days dusting, mopping, doing laundry and trying to keep track of her little ones. They struggled to make ends meet and pay the rent.

To help understand how Amy's childhood events influenced her adult relationships, I will tell a short story from when she was 4 years old. On the occasion of her father's birthday, she decided to draw him a masterpiece for a gift, a picture of the entire family with her daddy right in the middle. She used her very best and most favorite crayons

and in glorious full colors she drew her portrait right across the living room wall. Her daddy came in before her mother had seen it and unfortunately, he had had another bad day at work, having already sought his solace at the corner tavern. When he walked in the door he immediately saw all the scribbling on the wall of their rented apartment and blew his top. He screamed at Amy, who was caught red handed with a crayon in her hand, pulled her into the bedroom, spanked her hard with his belt and threw her special big box of crayons right out the window. His face purple with anger, he told her that her portrait was going to get them into big trouble with the landlord and that they would get kicked out of their apartment building because of her.

At that moment, with tears streaming down her cheeks and a bottom that was as red as her crayon, she decided several things that would affect the rest of her life.

1. That doing anything creative or artistic is dangerous.
2. To make people happy, she would have to do things perfectly.
3. That she should never try to do anything special or be in the limelight ever again.

William was a quiet little boy, somewhat withdrawn and when you look at the old Polaroid photos they show him always looking a bit sad. He grew up in a wealthy suburb of Connecticut. His mother, Elizabeth, was a business professor at the local college, and his father Lawrence, was a heart surgeon. His parents had high hopes and expectations for William as he was an only child. Both of his parents came from well established old money families on the East Coast. William's parents had both attended Ivy League schools and were highly respected professionals in their communities. William's parents did not have him till later in life and were older than most of the other children's parents at school. His mother, Elizabeth, was often distant, had a busy social calendar and was not very attentive or affectionate towards him. He really was raised by his live in nanny, Amelia, who was thankfully, kind and caring. His father worked long days and was often gone on the weekends lecturing at medical conferences and universities.

One Sunday, when William was six years old, he was outside on his Schwinn two wheel bicycle that he was so proud to be riding for the first time after his training wheels were taken off. He had just been bragging about not having to use training wheels when he rode right over a curb and fell, badly cutting his lip and scraping his knees and elbows. He was embarrassed and bleeding and ran into the house crying. His mother was standing in the kitchen and when she saw him she seemed more worried that he would drip blood on the new white carpet than about him. She had Amelia take him into the bathroom to clean and bandage him. After he was all cleaned up, he was brought to his mother where he was told that he obviously was not ready to have a bicycle without training wheels and that they would be put back on immediately. Now he could only ride his bike with knee pads and a bicycle helmet; even if the other boys didn't wear them, he had to. He ran up to his room embarrassed, ashamed and wishing he could ask his father if he really had to do this, but his dad was away at another conference in Boston and he cried himself to sleep.

From this episode William decided several things:

1. That he just wasn't good enough.
2. That the people that are supposed to love you just don't really care.
3. When you really need someone, they're not there for you.

When Amy was older, her dad would have a once a month poker night at their home with his work friends. Once, when she was seven, her dad's best friend, who she called Uncle Ray, came over before poker to watch the Dodgers game. While he was there, her mom and dad started fighting about something in the kitchen. She wanted to be as far away as she could from them so she went in the TV room and turned up the volume to drown out the yelling. Uncle Ray told her to come closer on the couch and sit beside him. He had always been so nice to her and always brought over her favorite candy bars. She was feeling scared as her father's voice grew angrier and louder and she found herself feeling safe sitting next to him. It was in that moment of feeling both safe and scared that she found herself feeling strange and even uncomfortable sitting beside him, but she really wasn't sure why. It wasn't anything he said, as he actually kind of ignored her. It wasn't anything he did. All she knew was that after that night she just never felt as comfortable or safe with Uncle Ray in the same way she had before that night.

William was 9 years old and there is a rainy day that year that he never forgot. He was in second grade and had been having difficulties with his schoolwork and was falling far behind his classmates in reading and writing. His parents had both been called in for a private conference with his teacher to see what could be done to help him. He was home with his nanny and while on the way to the conference, a truck swerved on a slippery road and drove into the driver's side of the car killing his father instantly. His mother survived with minor injuries. Of course this event changed everything for William. He had loved his father and felt responsible for his death. His mother became even more distant and perhaps even resentful. All William was left with was two significant items from his father, a trust fund that he would start receiving when he was eighteen, but on the condition that he went to college, and secondly, his father's favorite piece of art in the world, a valuable sculpture made by Henry Moore.

Tapping Script for Core Issues

ET I'm unlovable.

ET I'm flawed.

ET I'm insignificant.

ET I have to be perfect to be loved.

ET I'm hopeless.

ET Life is hopeless.

ET I have to be in control.
ET I am incapable.
ET I am bad.
ET I'm not good enough.
ET The world is a dangerous place.
ET People will take advantage of me.
ET People are out to get me.
ET Life's not fair.
ET People are too sensitive.
ET Something must change for me to be OK.

Homework

1. Take notes and recall any childhood events which occurred in your life that you suspect may have impacted your belief system or core values regarding what a healthy relationship is or should be.
2. Find the **Core Issues** and make the connection to the specific events and tap on the impacting events.

THE DISCOVERY OF RELATIONSHIPS

Layer Three

Vibrational Cellular Experiences (VCE) aka The Pain Body (Fear, Anger, Sadness, Guilt). The **pain body** is defined by author/philosopher Eckhardt Tolle as "the accumulation of unprocessed, painful emotional memories that we all carry around with us". This energy field of old, but still very-much-alive emotion that lives in almost every human being is the **pain body**. Emotion is energy. Thought is energy. Negative energy has to go somewhere. The **pain body** is the collective sorrow, misery and pain a person has gone through in their lives along with all the misery sorrow and pain they inherited from their culture and ancestors.

In Chapter 1 we discussed **core beliefs** being the filter that you see the world through. When you see the world in a certain way, then you only see events through the **pain body**. What's important here is that you don't make the mistake of thinking that these **core beliefs** or the **pain body** is YOU! Any deeply held negative belief that contains the words "all" or "always" or "never" is evidence of the **pain body**. These are statements like "all men are sex crazed" or "women are just out for money and security". They feel like they are facts, but they are really true; based on your own experience. They are just the judgments surrounding events in your own life that validate those statements. By the way, the word *fact* comes from the Latin root *factum*, which means "made up".

The next time your partner is annoying you and trying to pick a fight or shutting down in front of you, it's important to realize that it's simply their **pain body** trying to feed. Tolle says that when someone in your life is constantly doing this, they have a dense **pain body**.

Layer Four

Negative Relationship Experiences and the Law of Attraction. Here is the discussion of **Negative Relationship Experiences** which includes a **Law of Attraction** explanation and its connection to how we think and feel attracting similar people and experiences to our present being-ness.

Early Adolescence

Early teens

Amy was a 13 year-old girl who liked boys but was hesitant to hang out with them. Mostly she enjoyed being with her girlfriends; going to the movies, hanging out at the mall and as often as possible on the weekends, spending the night sleeping over at her girlfriends' homes. Some of her friends were going steady with boys but she steered away even though she was developing physically faster than most girls in her class. She was the first of her friends to wear a bra and get her period. She dressed nicely, though they tended to be loose fitting and baggy clothes to hide her figure. She tended to be a bit of a tomboy, wearing her hair cropped short and excelling in sports. She was amongst the most skillful players on the girls basketball, volleyball and softball teams. Her report cards were always top notch, always on the honor roll and she tended to obsess about keeping her room tidy.

On a **pain body** level, note here that the accumulation of the experiences with her father and Uncle Ray left Amy feeling that boys and men were not particularly safe to be around. From her mother, she derived the need and the impulses to try to keep things in control, such as her room and her schoolwork.

William struggled through school in his early teen years. He was an undiagnosed dyslexic child. His grades were barely C level. He was under-developed physically for his age and had a bad case of acne. An older cousin introduced him to smoking pot, for which he took an instant liking. As he received a sizeable allowance; for which he had few if any chores to accomplish, he was able to find easy ways to get as much weed as he wanted. He did not have many friends and mostly just hung out in his room listening to music. As a stress reliever, he found himself masturbating quite often. Mostly he kept to himself and vacillated between being withdrawn and being angry, which was primarily directed at his mother.

William's **pain body** draws from years of under appreciation from his mother and the guilt and grief over his father's death resulting in a withdrawal deeper into his own private world. We can look at his physical and mental development as being connected to his inner emotions. One could also look at a secondary benefit of having developed severe acnes was the ability and tendency to hide and separate himself and from the pain that might result from being in relationship with other people.

Now let's get personal. What were you like as a pre-teen?

- How do you see who you were at that time to be a direct result of your self image which resulted from your early **Key Pivotal Experiences**?
- What feelings about yourself and who you saw yourself to be, dominated this time period for you and how did they possibly play out into the experiences that were about to occur as you began to step into your emerging early sexuality?
- Might this have been influenced by where you were in your physical development?
- How did you try to control your environment to keep it safe for your own exploration?
- What peer groups did you become a part of?

Take some time to pause this recording and journal about your memories of yourself from this pre-teen period.

The Adolescent Angst Years

Mid Teen Years through 19 years old

Amy managed to work through high school and save up to afford first and last month's rent for apartment in the city with her best friend the week after she graduated high school. She got two jobs, working night and weekend shifts at a restaurant so that she could attend the local community college during the day. Throughout high school she continued to shy away from boys but did manage to go out on a few dates and even made it to her senior homecoming dance.

While working as a waitress, she found herself attracted to a boy that was the assistant night supervisor. He too, was working so that he could take college classes and they found themselves dating on a regular basis. He was good looking, kind to her, was a responsible, hard working guy and she started to really fall for him. After six months of being together, she awakened in the middle of the night and found herself reading his journal and discovered that he had been sleeping with other girls who worked other shifts at the restaurant and she was heartbroken and devastated. She lost her motivation and became depressed; her grades fell badly and she felt lost. Fortunately, she had a friend Jake, who was in her economics class. One night she turned to him, spending hours pouring out her heart while he continued to pour her one glass of wine after another. He managed to bring her home to his place where he took advantage of her, though she doesn't remember all the details.

Here we can watch the **negative experiences** that Amy begins to accumulate as a result of her **pain body**. Let's note the repetition of the theme for her that the world and especially men are not safe and shouldn't be trusted.

William's family managed to get him into a decent college in Southern California. He went, knowing that he had to in order to get his father's trust fund money. He spent his freshman year playing guitar, skipping classes and hanging out at the beach and smoking a lot of weed. Socially, he didn't have any high school girlfriends. At the end of his first semester at college, he met Summer, a girl who was into surfing, the same music and spent her evenings getting high and hanging out at the local clubs. They had an instant attraction and were living together within the week. The break between freshman and sophomore year she visited her favorite aunt who happened to be a long time twelve stepper and had a powerful effect on her, helping her to see that she had to get her act together and got her a good job up north in Seattle. She told William that he should do the same and that he was wasting his life there and one night he comes home from the beach and all that is left of Summer is her surfboard and not even a note.

Here we can see William's inner life manifested in the **negative experiences** of opening his heart to someone and learning once again that when you really need someone they disappoint you and cannot be counted on.

Self Image Issues

Self Image issues are based upon the core beliefs we developed earlier in our lives, as we've seen in the stories. These self image issues will control.

- Who we hang out with; how we act.
- How we design our appearance, as in our clothes, hair, make-up, etc.
- What activities we participate in.

Low self esteem is a risk factor for depression, eating disorders and weight issues, teenage pregnancy, and can be connected to becoming a victim of domestic abuse, suicide, for both bullying and becoming a victim of a bully. Anecdotally, I can say that low esteem is the at the root of many of my clients' fears, including public speaking, any issue having to do with their facial appearance, and many of the ailments people have that keep them away for other people.

How does lack of self esteem show up in relationships? In one study researchers found that those scoring low on a self esteem test were the ones more likely to misread cues from others and take comments and actions much more personally. This led to them engaging in self sabotaging behaviors. It's not hard to image that if you are not secure in yourself then you'll be more suspicious of your partner talking too much to other people of the opposite sex then that leads to more questioning and trying to control and then that will actually led to what you didn't want, a breakup. Researchers also found that even 10 years into marriage the partner with low self esteem perceiving lack of love from their partner when in reality the researchers found their partners did express their love to them, it just wasn't heard.

Your lack of self esteem could:

1. Be keeping you from leaving your current relationship or
2. Be keeping you from trusting that the love and commitment in your current relationship is actually real.

Try this self esteem quiz and see how you do and what you notice comes up for you.

Rosenberg Self Esteem Evaluation 0-100%

1. I feel that I'm a person of worth, at least on an equal plane with others.
2. I feel that I have a number of good qualities.
3. All in all, I am inclined to feel that I am not at failure.
4. I am able to do things as well as most other people.
5. I feel I have much to be proud of.

6. I take a positive attitude toward myself.
7. On the whole, I am satisfied with myself.
8. I have a lot of respect for myself.
9. I never feel useless.
10. I never have the thought that I am no good at all.

Emerging Sexuality, First Crushes and Dating

As children enter pre-adolescence and puberty and move into their adolescent teen years, they will enter a time of not only great physical changes with their burgeoning hormonal influences, but the world of romantic relationships often eclipses the priorities of family, school and sports. It may include romantic fantasies, infatuations and crushes, conversations with friends about romance and potential partners, pre-romantic posturing and the creation of romantic relationships that last from hours to years.

Their world is immersed with thoughts of like, love and lust. A research study found that 73% of top forty music songs had love and romance as their central theme. The feelings associated with falling in love can have as pleasurable an effect on the brain as cocaine and can be just as effective.

Adolescent romantic relationships have the potential for many effects. They are associated both with a sense of **social competence** as well as having a great effect on improving self-esteem. They provide a vehicle for individuals to work through their issues of self identity and individuation and figuring out who they are as a person. They learn relationship patterns that influence the course of subsequent relationships, including marriage. For example, an important theory of the researcher Willard Waller was that of the Rating/Dating Complex. This idea proposed that in the late adolescent and early adult dating years, especially during the college age time period, students in relationships expressed more concern about the social status of their dating partner and the status it conferred to them than the selection of a compatible partner.

Studies have also shown that romantic involvement at earlier adolescent ages were found to have had higher rates of drug use, minor delinquencies, greater psychological and behavioral difficulties and lower academic achievement than those who delayed romantic involvement until later in adolescence.

First loves are powerful things. While parents may refer to first loves as “Puppy Love”, they often do not give credit to the power of the emotions that are felt and the degree of attachment that occurs. With early romantic connecting, be it called hanging out, going out, going steady, dating or whatever terminology is most currently used, there can be a very rapid turnover. Relationships can last for several days, though occasionally they may have real duration. These relationships often move from phases of an initial physical response of lust to a falling in love phase referred to as the **Attraction Phase** to a period that includes emotional commitment when relationships last longer periods, known as **attachment**.

The intensity of first loves may create incredibly intense euphoria, so much so that some researchers have found it to have damaging effects on future relationships. A new book called *Changing Relationships* by Dr Malcolm Brynin reports that intense first loves can set up unrealistic benchmarks against future relationships that may be hard to ever live up to again; leaving unfair comparisons. He says that the characteristics that excite a person when they are young and first in love, including great excitement, spontaneity and risk taking, often replace the reliability and responsibility that contribute to successful long term relationships later on in life, and in comparison seem boring and disappointing.

In fact, romantic reunions that have been studied (that is a re-kindling of first or early loves that took place in people's teens and early twenties), are surprisingly successful, as long as both partners are not otherwise attached in other relationships when they re-connect. It is a time where Googling an old flame's name or finding them on Facebook is a common curious exploration and so much easier than before to see and find out one's first love. Surprisingly, or perhaps not, when Cal State Sacramento Psychologist, Nancy Kalish, studied 1,000 "Lost And Found Lovers" ranging in age from 18-95, nearly three quarters remained together after a decade and if they did marry, their divorce rate after four years tallied in at no more than 1.5% as opposed to the standard remarrying divorce rate which is at 25% within five years.

So, what is the result of these early romantic relationships? Whatever positive and negative experiences occur within the context of these relationships set the foundation for **self-esteem** issues and continue to either reinforce, or put into question, the **core beliefs** that were establish earlier with their **Key Pivotal Experiences**.

The Power of Peers on Relationships

There is no doubt to the power of peer relationships during this time period. Friends in their peer group become the most trusted source of information. Approval by their peers becomes the most important factor in their personal self evaluation.

At the center of this are close friends; including best friends, small cliques and romantic partners. Studies have shown, for example, that having close same sex friendships in adolescence forecasts success in early romantic relationships in early adulthood. These small, intimate connections exist within larger peer crowds that share common characteristics, social space and identities such as music, sports interests, art, religious youth groups, etc. Crowds are basic units of organization here in middle and high schools. Finally, at the most macro-level is something that is referred to as youth culture, an intangible, yet very real, system of norms, values and rituals that connect all of these levels and is often driven by the mass media.

Second, the link between adolescents and their peers has a strong developmental function, because a key task during this time is to individuate from their parents, and

peers facilitate this process. As a result, adolescents tend to internalize the views of peers into their own self-concepts, to place a higher importance on maintaining peer relations, and to be sensitive to the influences of their peers, all of which tend to increase pressures for yes - conformity. This is the crux, what is necessary for development can also create problems.

Third, an adolescent usually enters into a peer group because she or he is attracted to the group's norms, values and activities. Then, peer group members, or gatekeepers, look at the adolescent's own characteristics and qualities and invite or deny the adolescent's entry into the group. Then once accepted he or she is influenced by that group to stay within it. This seems particularly important with regards to the kinds of adolescent behaviors that are prohibited by parents, school personnel, the police and other adults as dangerous, inappropriate, or immoral; including risky adolescent behavior, such as unprotected sex, drinking, smoking, drug use, reckless driving, delinquency and even violence.

Breaking Free, Sexual Exploration, Risk Taking and Unlimited Choices

The individuation from the home and parents may create new changes in responsibilities and choices for all aspects of living. There is now limited input from family and parents and with regard to relationships. A popular book several years reported that "by adolescence, all choices made were based upon peers, regarding romance and sexuality with zero influence from parents". Eventually theory was debunked, but it points to the significant reduction of parental influence. This is where the exploration of romance and sexuality begins to explode with all the inherent dangers associated with that. For example, with sex, we should know that 68% of teens interviewed have had sex according to the Toledo Adolescent Relationship Study. Their average onset age was 16.9 years old and the average number of sexually active teens has had nearly six partners, with 16% reporting having had more than ten sex partners, and 20% of those had cheated on their current or most recent partner. 58% have had sex with someone they are not dating, like someone they just met or a friend and over a quarter of those used no birth control.

Regarding violence, for one in ten teens, abuse is a very real part of dating relationships. Apparently 10% is the figure for having been a victim of physical abuse from a romantic partner and somewhere between 40-60% have been verbally or psychologically abused in the previous year questioned, with a similar frequency of girls and boys. With regard to this we should also mention that when children, and most specifically boys, are exposed to and witness inter-parental conflict, the parents' behavior causes developing boys to be more likely to view aggression as justifiable in a romantic relationship and they had more difficulty managing anger within their relationships.

First Adult Relationships

Ages 18-22

After Amy's painful incident with her male co-worker, it took her four years, including 2 years of therapy, to even begin dating again. She managed to finish college by throwing all her energy into her schoolwork to get not only her bachelor's degree in Economics, but her MBA as well. She immediately found a position with Synexco, a high tech manufacturing firm. There she worked as a mid level manager where she was popular amongst her peers, as she was brilliant in her work and often took no credit for her accomplishments.

Her early twenties were filled with school and work. She dated occasionally but she did not find anyone special in that she took an interest. Dating mostly seemed like a distraction from advancement in her career path.

This period for many is a more stable period, a compartmentalizing of past experiences, a time that few "twenty somethings" go into self explorations and are out in the world trying to put their experiences behind them and moving forward with creating their lives.

William didn't finish college and dropped out his sophomore year. He continued to live on his trust fund, still living near the beach and spending his time getting high, playing his guitar and surfing. He became extremely promiscuous and slept around on a regular basis. One day he went out surfing with his best friend and roommate, Karl, and William returned to shore but didn't manage to see his friend pulled under by the waves (as he was too stoned) and Karl drowned.

After the loss of another important person in his life, William was rattled to the core. He somehow found himself at a Transformational weekend workshop that changed his life and with that he emerged with an inspired sense of getting his life in order. He found his way to Narcotics Anonymous and managed to quit drugs and find an entry level job in the shipping department of a company with the help of his sponsor. He was determined to make it on his own merits in life. In his new job he spent more time thinking about new and better ideas on how to run his department than actually doing his work assignments and his supervisor fired him for unacceptable performance.

As we can see, William re-created for himself one more example of people that he cares for somehow abandoning him and an occupational circumstance in which he is again shown that he is not good enough, even for an entry level position. But, we also find William choreographing for himself an opportunity to self reflect in a healthy way that begins to turn his life in another direction as a result of a painful episode.

First Relationship Heartbreak

Tapping Script & Matrix Reimprinting Exercise

Tap on the finger points and the Side of Hand (SOH) point over and over again. Go ahead and tap on all the finger points for tapping, including the ring finger, even though it's not shown in the diagram. Just start tapping on the side of your fingers near the tips and the side of hand point; thumb, index finger, middle finger, ring finger, pinky and back to the side of hand; over and over until you feel yourself go into a trance like state and then close your eyes. With Matrix Reimprinting you will find younger versions of yourself and you go back in time to help them. You go back to the past and see the younger version of yourself and it is important to see him or her outside of you. See if you can find a younger teenage version of you from your past. Make sure that you see yourself as a younger version of you outside of yourself, not looking through the teen's eyes, not as if it's happening to you.

Keep tapping on all your fingers and SOH point with your eyes closed. See yourself with all the details you can imagine. Notice their appearance, what they are wearing and what their hair looks like. Note that if you can describe your teen self physically well, it indicates that you are appropriate disassociating from them. Pick a typical uneventful day where you can see a picture of yourself easily. Step into that picture with the younger you and communicate silently. Tell that younger version of yourself that you have come from the future to help them out and ask them how they feel.

Imagine holding their hand and while you are tapping on yourself in the present, picture yourself tapping on their SOH point. After asking them how they feel, listen for their response. When you have a sense of having "heard what they have to tell you" you can use that feeling and begin to tap on them. "Even though you don't want to be seen, you can still love and accept yourself" ...tap on all of his points..."Don't want to be seen"..."I don't want to be seen", over and over for a full round of tapping. Tap until your younger self feels peaceful. Get information about what they are feeling and why. You might hear them tell you how they feel, you might notice it visually, and you might just have a sense of it without quite knowing how.

Tell your teenager that you can magically give them anything that they want. Given that he can have any magical tool, what would he like to have happen? Whatever your teenager wants, to perhaps fit in, give them and offer any experience that they need or want, no matter how outrageous or no matter how superficial it seems to you as an adult. After giving it to them, whether you make it up or not, see that teenager in a new way, with an extra sense of confidence or whatever it is they desire.

Without any judgment on your part, see your teenager living all these experiences that he or she desired. When that has happened, bring in those positive new image into the top of your head while continuing to tap, and then send all the positive feelings to all the cells of your body, keep tapping, and bring the positive image of the your teen down through your head and down to your heart center and let the feelings intensify and when

it is ready. Go ahead and exhale the feeling in 360 degrees. Take your time with tapping and breathing and then go ahead and open your eyes.

THE STORY OF US

How We Met Stories

By the time that Amy was 25, she was still working for Synexco and moving up the ranks, but slower than she'd like. Her supervisors continued to take credit for her work and she got resentful as others were promoted that were far less deserving. She dated occasionally but found no one special. In her free time she enjoyed taking long walks along the beach and visiting museums and art galleries in the city. She had taken an art appreciation class in college and had found herself drawn towards spending her free time in the quiet halls of art exhibits. She had a particular fondness for sculpture, especially the designs of Henry Moore. She went whenever and wherever his work was exhibited in the LA area.

William, after being fired, found another job in the area with a warehouse supplier, where he managed to stick it out for a year. Filled with ideas about how he could do things better his own way, he finally couldn't take it anymore and took a risk. He started a small wholesale musical instruments business with most of the remainder of his inheritance. His company grew and was profitable within two years. He did not have any real time to devote to dating or to having a serious relationship at the outset of his venture, so things were pretty quiet on that front other than some casual dates.

One spring day, William was having a lunch meeting with a potential customer at a downtown café. He happened to look out the restaurant window and noticed a billboard for a new exhibit of the works of Henry Moore at the J. Paul Getty Museum. As his meeting ended earlier than expected, he decided to head over and check out the exhibit. His sculptures had a special paternal connection for him. He was sitting alone in one of the rooms, taking in one of the larger pieces when he found himself crying. He thought that perhaps his dad had sat just as he was, admiring such a beautiful piece of bronze so many years ago. The small sculpture his dad had left him was the only possession that still connected the two of them and he felt his heart break open with the sadness of missing his father.

By happenstance, or not, that very same day Amy had taken the day off work just to visit this new exhibit. After strolling for a while she finds herself drawn to a room with only one piece in it. There was only one other person in the room and she found herself drawn to sit on the bench to admire the large bronze. She noticed that the gentleman next to her seemed to be upset. After an appropriate amount of time she asked if he was all right and they began a conversation about the art and work of the artist.

They discovered that the sculptor was a favorite of both of theirs. He found out that Amy's birth name is really Amelia, the same as his beloved nanny. They found out by

coincidence that Synexco is the very same company that he had worked for in the shipping department several years ago. As the conversation goes on, so do the serendipitous circumstances. This chance meeting led to a first date and a second and so on.

She found that she was drawn to his vulnerability, his relaxed demeanor, his drive to make it on his own; that he had a musical and creative side and she appreciated knowing that he had become clean and sober.

He found himself drawn to her because she enjoyed doing things on her own without having to have people around her all the time, he perceived an emerging creative side of her, he admired her intelligence and that she just seemed to really have her act together more than many other woman her age.

On their third date, William decided to do something very special for Amy. He had her over to his place, played love songs on his guitar for her, had her close her eyes and placed his dad's Henry miller sculpture in her hands to hold. It felt as if the Universe had opened and all the serendipitous moments collided and they fell hard for each other in what was surely a soul mate relationship.

Two months later they were living together and life was mostly very good. They were happy; she started to stand up for her ideas at work and got a promotion while his company continued to grow.

Questions About Your Relationship Genesis Story

What is your story of meeting each other?

What is your story of your early dating?

How do these feel to you now in thinking about them?

Does it feel like that time was the highpoint of your relationship?

In retrospect, how would you characterize the choreography of how the two of you came together?

Was it like any of the following?

1. A "Soul-Mate meeting where all the magic and coincidences and serendipities happened for you to find each other?
2. Was it an old-fashioned, elegant, simple "meant to be" story of knowing each other since childhood and being part of two families that had been friends-for-years story?
3. Was it a high school sweetheart romance story?
4. Perhaps a re-kindled romance story of re-finding each other after many years passed?
5. Maybe a story of similar paths where you both grew up in the same small town but never knew each other and felt as if you were running parallel lives?

6. Did your story begin with a bit of illicit, falling in love with your boyfriend's or girlfriend's best friend?

Why do you think it was so good at the beginning?

The Three Stages of Love

Helen Fisher of Rutgers University in the States has proposed three stages of love: lust, attraction and attachment. Each stage might be driven by different hormones and chemicals.

Stage 1: Lust is often the first stage of love and is driven by the sex hormones testosterone and estrogen for both men and women.

Stage 2: Attraction is the next step and is the time when you are truly love-struck and can't think of anything or anyone else. The three main neurotransmitters are involved in this stage: adrenaline, dopamine and serotonin.

Adrenaline

The initial stages of falling for someone activate your stress response. This increases your blood levels of adrenalin and cortisol. This has the effect that when you unexpectedly bump into your new love, you start to sweat, your heart races and your mouth goes dry.

Dopamine

"Love struck" couples have high levels of the neurotransmitter dopamine which triggers intense feelings of pleasure. It has the same effect on the brain as cocaine! These signs include increased energy, less need for sleep or food, focused attention and exquisite delight in the smallest details of this novel relationship.

Serotonin

Serotonin is one of love's most important chemicals that may explain why when you're falling in love, why your new lover keeps popping into your thoughts.

Does love change the way you think?

A landmark experiment in Pisa, Italy showed that early love (the attraction phase) really changes the way you think. There, psychiatrist, Dr. Donatella Marazziti, analyzed blood samples of serotonin in couples who'd been madly in love for less than six months. She discovered that serotonin levels of new lovers were equivalent to the levels seen in Obsessive-Compulsive Disorder patients.

Love needs to be blind.

Some researchers, who study the psychology of love, hypothesize that newly smitten lovers often idealize their partner, magnifying their virtues and explaining away their flaws.

They also find that “It's very common to think they have a relationship that's closer and more special than anyone else's”; figuring that perhaps we need this rose-tinted view to make us want to stay together in order to enter the next stage of love – attachment.

Stage 3: Attachment

Attachment is the bond that keeps couples together long enough for them to have and raise children. Scientists think there might be two major hormones involved in this feeling of attachment: oxytocin and vasopressin.

Oxytocin - the cuddle hormone

Oxytocin is a powerful hormone released by men and women during orgasm. It seems to deepen the feelings of attachment and makes couples feel much closer to one another after they have had sex. Theoretically, the more sex a couple has, the deeper their bond becomes. It also seems to help cement the strong bond between mom and baby and that is why it is released during childbirth.

Vasopressin – the connection hormone

Vasopressin is an important hormone in the long-term commitment stage and is released after sex and is believed to increase a couple's sense of connection.

And finally, research offers us instructions on how to fall in love:

- Find a complete stranger.
- Reveal to each other intimate details about your lives for half an hour.
- Then stare deeply into each other's eyes without talking for four minutes.

York psychologist, Professor Arthur Arun, has been studying why people fall in love. He asked his subjects to carry out the above three steps and found that many of his couples felt deeply attracted after the 34 minute experiment. Two of his subjects later got married.

The First Signs of Trouble

As time passed, some small peas began to appear under the mattress. Amy had always been a bit of a neat freak and well, let's just say that William definitely was not that. This small matter was often the source of mild irritation between them. With regards to finances she was adamant about separate finances and tended to control their budget pretty tightly.

Somewhere around nine months in, William needed to borrow some money to help him as he opened his second location while his remaining trust money was tied up in stock

and inventory. When she refused to loan him any money, it erupted into their first major argument.

Regarding intimacy, Amy was a bit conservative in bed, finding it difficult to be too vulnerable while he wanted her to be more adventurous in their sex play, but she refused. Despite those small matters, they loved each other very much and were married one year later.

Two months later Amy found herself pregnant. This was clearly not part of the plan as she had clear career goals. William was thrilled with a baby girl on the way. With his business having greater financial potential, she was forced to cut back her hours to part time and had to leave the position at her firm and find another company to work.

Amy had always felt herself happiest when she had structure in her life with clear goals and purpose. She found herself with a derailed career and the exhaustion and chaos of raising an infant child. She began to feel resentful and this resulted in her having even tighter reins on the couple's finances; especially with her making much less money than she had at her previous job. Arguments over her being too controlling and him being too spend thrifty with money were ongoing sources of stress. Intimacy problems with sleep deprivation became an ongoing divisive source of disconnection. William was now spending even longer hours at work and contributed less and less time to helping with household chores and child rearing responsibilities. She frequently criticized him for not helping out enough and for not being a good enough father. Her criticism only made him feel that he wasn't being appreciated for his hard work and that she did not care for him in the same way that she used to.

After their child's first birthday, William approached Amy with the idea that it might be the best time to consider having a sibling for their little one. When she refused, saying that she wanted to return to work full time, he got triggered by her absolute refusal and the coolness of her demeanor and he becomes furious. He lost his temper, threw a vase across the room, the baby started crying and he stormed out of the house. This scene triggered Amy's subconscious fears, that she married a man who was no different than her dad and was now witnessing his hidden violent streak.

Two scenarios that may emerge:

SCENARIO ONE: This begins a time where they head into constant arguing, blaming, criticizing and putting each other down. There is lack of respect, lack of intimacy (sex goes out the window) and they last like this for the next 4 years when William reaches his **Nexus Point** and knows that he can no longer live like this.

SCENARIO TWO: Distance occurs. She throws herself into raising her child or she returns to work full time and immerses herself in her career. She becomes celibate while online pornography becomes William's addiction of choice. This is all characterized by a lack of connection and they remain like this for the next 15 years until Amy feels as if William is holding her back and she reaches her **Nexus Point**.

Note: sometimes these **Nexus Points** are precipitated by:

1. Meeting someone and having an emotional connection or physical attraction in a way that has been missing for a long time.
2. Some catastrophic events like a death, a serious diagnosis or a violent event are all possibilities that trigger one to reevaluate the purpose and progress of one's life and relationship.

The Peas Under Your Mattress

What were the early warning signs that you chose to overlook but became increasingly meaningful down the line?

1. I should have known that he was going to be this way because...
The first time I saw him get really angry at someone I should have known that it would come out at me.
2. Like the first time she put up a wall of indifference to another family member.
3. Like when he first gave me that sharp glance at the holiday party when he didn't like a story I told about us.
4. Like the first time I walked in on him when he had a porn site on his monitor.
5. Like when I found a credit card receipt for her having spent \$600 on a purse with a credit card I didn't know she had.
6. Like when I had to go to the emergency room for some chest pain and he couldn't get there because of some business lunch meeting he had to go to.
7. Like after our first real argument, she wouldn't sleep with me for a month.

Do you feel like your relationship peaked in the first 6 months?

What things did you not pay attention to then, but now are glaring and obvious that you should have paid more attention to regarding the future of your relationship together?

What were the qualities that you convinced yourself that you could accept, but really could not and they never went away?

What were the qualities in your partner that you figured you could change, but you were never really able to?

Dealing with the Challenges

Strategies for dealing with the challenges: ignoring, avoiding, distracting, dealing with as in books, workshops, communication attempts, counseling, pastor, etc. The time duration of this might be months to decades.

1. Blaming: this confrontational strategy is reactive, does not take responsibility for one's own part in the problem, is taking one's frustrations out on the other person and can become abusive. Feeling as if the other would only change then I could be happy characterizes this.

2. Complaining: one or both partners begin to give up on the struggle and just complain frequently about things in the relationship to them, their partner or other people outside the relationship from friends to family members.

3. Shutting Down: one or both partners don't take any more risks, don't reach out for connection. There can be a feeling of comfort because there is no complaining, provoking or confrontation and it becomes the long slow death spiral that could go on forever. This may result in a search for excitement, life force or passion; resulting in infidelity.

Negative Cognitive Manifestations and Symptoms of a Bad Relationship

Layer Five

Thoughts/Decisions/Perceptions of how I am feeling about them and vice versa that are negative or detrimental towards the relationship.

Do you still respect your partner?

Do you still feeling appreciation and gratitude for them?

Are you still attracted to your partner; especially physically?

Illnesses show symptoms early on that we choose to dismiss.

Bad relationships also have symptoms and here are some common ones:

1. Lack of intimate communication
2. Attacking and insulting
3. Blaming or shaming
4. Controlling
5. Distractions - drugs, alcohol, screen time, work, kids
6. No planning or creating strategies together to problem solve
7. Avoiding intimacy, affection or sex.
8. Lack of appreciation for the relationship.
9. Feelings of betrayal and dishonesty.
10. Periods of sadness.
11. Periods of complete indifference.
12. Periods of bad tempers and arguments.

Try the following True or False Quiz:

1. My partner doesn't listen to me T or F?

2. My partner takes me for granted T or F?
3. He or she might be cheating on me T or F?
4. My partner doesn't seem to respect my opinion T or F?
5. My partner avoids intimacy with me T or F?
6. He or she doesn't share the same interests T or F?
7. My partner doesn't make the relationship a priority T or F?
8. My partner rarely compliments me T or F?
9. My partner avoids heartfelt authentic communication T or F?
10. My partner hasn't really changed T or F?
11. He or she is irresponsible T or F?

Now try changing the statements that were True, and begin with the word "I" as in:

I don't listen

I take her for granted

I might have considered cheating

I don't respect his/her opinion

I avoid intimacy

I don't share his or her interests

I don't make the relationship a priority

I rarely compliment

I avoid heartfelt authentic communication

I haven't changed

I am irresponsible.

These might not seem obvious at first, but we frequently project our subconscious negative feelings onto your partner. Projection happens when we externalize issues that we need to deal with in ourselves. These irresponsible behaviors are either too hard to manage or are too hurtful to acknowledge, so instead of dealing with them and addressing them full on we blame someone else for having them made us feel badly. We become the blamer when it's someone else's fault that we aren't happy but ultimately we are the ones that lose when we don't sort ourselves out.

Here are some **Common Projections** I see routinely in my practice with couples.

1. Strong expectations placed on your partner. If this is you then you will likely be really disappointed if your own wishes and desires aren't met by your partner. Your partner can't live up to those expectations and they fail you. I see this happen with money and status a lot. Maybe your partner never had the intention of climbing up the corporate ladder and making millions in the stock market. Maybe it's what you really wanted to have happen. Maybe it's causing you all this pain and disharmony when it was never anything your partner wanted. The solution to this is to journal your desires and wishes and clear any fear about actualizing these desires yourself.

2. Trust. I can't tell you how many times I work with someone who is feeling jealous and anticipates being hurt or betrayed by their partner when they themselves have been unfaithful.
3. The Past is the Present. This is when you live so much in tune with the past infractions that you can't see how much your partner has changed or is trying to change. You only see the younger version of that person. It's not true that people don't change. I see it all the time in my work, so updating the version you have in your mind about someone is critical.

The past is the present scenario also shows up in **Piggybacking**. That's when you or your partner dredge up the past as in "You've be doing that same thing to me for years!" or "This is just like the time you did_____". Bringing up these old betrayals or arguments dilutes the current conflict so much that it almost becomes irrelevant and you can't actually resolve the issue at hand.

What we want you to understand is that **Projection** is the most common form of a defense mechanism. It's a way of protecting yourself that was useful as a child but you've outgrown its usefulness. When we take back our projections we grow, learn and thrive, leading us to become more of the person we want to be.

Let's go back briefly to the Frog Prince. For Joseph Campbell, the frog is just another example of the dragons and other frightening monsters whose role in mythology is to guard treasure. The frog, like them, represents the dark and frightening shadow or projection; the treasure in this case is your true self. The kiss at the end of the story symbolizes the princess's embracing of her shadow or projections. As a result she gets the treasure - true self represented in the prince.

Whenever we face our shadow, or call back our projections, we reach the highest vision of ourselves when we accept ourselves, warts and all.

Vibrational Body in Relationship and Mind/Body States

Layer Six

What are **Vibrational Body Manifestations**? This is where the emotional strain over time in a relationship results in sufficient chronic stress that gets internalized and results in physiological changes that become symptoms and conditions. The intertwining of emotional challenges with one's thoughts and one's body could be referred to as the marriage of psyche and soma or psychosomatic. For a long time, the word **psychosomatic** held the innuendo of being "made-up", "all in one's head" or "imaginary".

A more accurate definition of the word psychosomatic, from the American Heritage Dictionary is:

1. Relating to a disorder having physical symptoms but originating from mental or emotional causes,
2. Relating to the influence of the mind on the body, and the body on the mind, especially with respect to disease.

As researcher Paul Grobstein said so well, “*Psychology is no longer distinct from biology*”, and what goes on in the brain is at least as important to human health as what goes on outside the brain.

So when a person has been living under the same roof with someone who causes them to feel anxious, this can result in their heart beating faster, which can elevate blood pressure, which raises adrenaline and cortisol levels, which reduces immune function and results in more frequent colds and flus, increased fatigue and adrenal exhaustion and even heart disease. Circulatory problems can lead to sexual performance and fertility compromise that can lead to resentment, anger, depression and giving up.

Negative Emotional States lead to psychological pain and depression that lead to physical conditions that circle back to emotional flare ups and so it goes.

A simple but powerful study on this subject was performed by McLelland and a follow up by Rollin McCraty of the Heartmath Institute. The study had a couple spend five minutes recalling a memory of an experience of anger that they had recently. They were instructed to remember it, think about it and recall the emotions that it brought up for just five minutes. Then the researchers measured their saliva for a chemical known as IgA antibodies, which is a way to test the first line of defense in the immune system. The resulting depletion of this antibody was so dramatic that it took over six hours for it to be restored. Think about that, nearly an entire day of a depleted immune system and that was after only five minutes or recalling a single stressful situation. It is likely that in a stressed relationship we can find ourselves spending much more than five minutes in our internal conversation about stressful situations and arguments. The good news is that the equal and opposite is true. When participants spent five minutes recalling an experience of care and compassion there was an immediate rise in IgA levels that continued to climb over the next six hours.

So, what the state of our relationship is, affects our happiness. What the state of how we perceive our relationship is, affects our health. How we view our relationship, how we feel about it emotionally and what we think or believe about it, can make or breaks us.

Now we will begin some tapping on the duality of staying or completing your relationship.

Tapping Script on Staying or Leaving

ET I am not sure what I want to do, I deeply and completely accept myself. My conscious mind might not have a clear answer yet, I deeply and completely accept myself.

ET Some part of me DOES have the answer already and I have not yet had the courage to listen to the answer. I deeply and completely accept myself.

TH I want to stay.

EB I want this to be over.

SE I think we can work things out.

UE I know that we can't.

UN I see some possibilities for this relationship that I didn't see before.

CP I see the possibility of a new life without my partner.

CB I want to stay.

UA I want to go.

Homework

If you choose to accept this homework, then you will begin by taking responsibility for your **projections** you have put upon your partner. Go back to the statements that were true for you in the exercise we did. Next, release those **negative projections** by accepting yourself through tapping on each one of those. For example, on "I avoid intimacy", tap on the general statement, "Even though I avoid intimacy, I deeply and completely love and accept myself for three times at your side of hand point. Then on all the points, tap the phrase "I avoid intimacy". Try to come up with examples of where you have avoided intimacy in the past and release them through the tapping process. For example, tapping on the time I avoided sex with my husband for on our fifth anniversary because he took me to HIS favorite restaurant, not MY favorite restaurant.

Acknowledge that this may be the hardest thing that you do. Remember that the princess had to kiss a slimy wet disgusting frog. So be gentle on yourself this week but have faith that the process is well worth the effort, as you will no longer be carrying all of this around, whether you are in this relationship or another.

THE BRIDGE TO THE FUTURE

The Nexus Point

This is the final layer of the model, when an individual reaches their **Nexus Point** and knows that he or she must decide whether they need to stay or leave the relationship.

Feeling Stuck

Amy and William recognized that they were at a stalemate. While they loved each other, she was now scared of his temper, was starting to distrust what he was doing when he would storm out of the house and she really wanted to go back to work; not have a larger family. William's ideas of what his family would look like were not meeting his expectations. Their communication had reached a level of vacillating between simple exchanges and emotional flare-ups. They remained in this place for nearly two years.

Hopefully you have been doing your homework and doing your tapping. We suspect that by this point, you have a pretty strong inkling as to what direction your life and relationship needs to head towards; whether you are willing to admit it to yourself or say it out loud to another.

Either way, we are sure that you have been reflecting upon and hopefully clearing away issues and baggage from the past, the long ago past and your current relationship's past.

Why People Don't Just Leave Bad Relationships

Let's look over some of the reasons why people don't leave "not just bad relationships", but relationships that "don't, and won't ever be", in their best interest.

1. You don't want to be like your parents or you do want to be like your parents. Alina offers a personal example from her childhood.
2. You have shared property, business, home, and financial investments. This is what I call a **Conscious Conflict** (which is when you know that this is bad for you but you are choosing to stay anyways, it's like the phrase "Selling your soul to the devil"). You do it for the money and security. There's no judgment on my part about this but you have to acknowledge that it's the reason for you staying. I have seen **Conscious Conflicts** in jobs and relationships be the source hundreds of physical conditions. It's almost as if you can't make a clean break so

your body is going to create a condition; sometimes life-threatening, so you can wake up. A Brigham Young University study in Behavioral Medicine found that happily married couples had significantly lower blood pressure than those that were in bad marriages.

3. Timing. Perhaps you have said that it's too close to Christmas, our son's graduation, our anniversary, Valentines' Day, my promotion, etc. Interestingly enough, there are fewer homes available for rent in the real estate rental market after the holidays. Want to know the reason? Couples or one person makes a last ditch effort to make this work out over the holidays and then realize they can't and someone moves out!
4. Suffering the guilt of leaving a partner.
5. The thought that you'll be alone.
6. The idea the "Devil you know is better than that which you don't know".
7. Inertia and the inconvenience of it all.
8. Children. With children, marital distress, conflict, and disruption are associated with depression, withdrawal, poor social competence, health problems, poor academic performance and a variety of conduct-related difficulties.
9. The thought of admitting failure or defeat.
10. Societal pressures.

Fear

There's one thing that all these issues have in common but shouldn't be a reason for staying - **FEAR**. Fear may stand in the way of you creating a clear choice for your future. It clouds your ability to take action whether you are staying in this relationship or ending it. Specificity is important, so let's review ten of the top fears that need to be dismantled for you to gain clarity.

Look over the list we just reviewed above and see which ones are true for you. Turn them into tapping statements, such as even though I feel all this fear that I will be alone and that there is no one else out there that will love me for who I am and I will wither away all by myself, I accept myself.

Completion Scenario One; Mutual Separation

Scenario one is where both Amy and William take this course and have both realized that they would be better off apart. They do all their homework and heal their individual pasts and come to the awareness that they have very different interests, goals and that being apart would free them up to create new lives in a way that they would both be happier. In the process, they develop greater compassion and empathy for what each other had been going through during the challenging times of their marriage. They agree to use a mediator to work out their financial agreement. They come up with a plan on how they will communicate the news to their daughter, Katelyn, and determine a workable and fair parenting agreement. They remain committed to live within a reasonable distance of each other so that her school does not have to be disrupted. Eventually, they start seeing other people and begin to see that as a result of the more awakened process they went through with each other as they separated - they were able to get very clear on what they really needed and wanted in a relationship. This clarity of what they were looking for in a partner created a clearer radar signal which attracted people to them that more closely resembled their true needs.

Discussion

According to Dr. John Gottman's study in 2000, he found that marriages tended to have two periods of time that are most likely, on average, to result in divorce - at a five year and sixteen year post marriage period. The earlier point is often characterized by a high conflict "**Attack/Defend Mode**" with emotions such as criticism, anger, contempt, belligerence and defensiveness all predicting early divorce. Meanwhile, the couples that divorce at the sixteen year point most often had a relationship characterized by a "**Withdrawing Mode**" with emotions such as sadness, listener withdrawal or stonewalling indicative of emotional disengagement and disgust; all predicting later divorce timing.

Completion Scenario Two; Re-Commitment

Scenario two is the one in which both Amy and William take this course and both realize that they really want to make whatever effort it takes for their relationship to work. They both believe in their hearts that they were meant to be together. Old unhealed wounds from their past were easy triggers that were causing them both to overreact. They make a joint commitment to make their relationship the top priority in their lives. They make a commitment to themselves to do their personal work and clear their past baggage. As a result of the work, they focus on what is right in each other rather than what is wrong; especially in the small daily experiences. They learn to express their gratitude and appreciation for each other's efforts. William has come to realize that by creating a successful business, he could no longer truly see himself as "less than" or not good enough. In doing so, he decides to sell his company and be in a position to be a stay at home dad where he could spend more time with his daughter and teach her music at home. Amy returns to work and finds a fabulous position through one of William's customers. She takes back her ability to shine and be in the spotlight; allowing herself to

accept that she could let go of having to be perfect. Each continued to follow their own passions and life became progressively simpler and happier with greater satisfaction in their newly created roles. This path leads them both to feel less criticized, less vulnerable and safer. Amy realized that William really was not an angry person and actually quite kind and patient, while William found that when Amy was able to follow her professional dreams, she was a much happier and loving person.

Discussion

Psychologist, Dr. John Gottman is the founder of the Relationship Research Institute, and founder of "The Love Lab" at the University of Washington and his research claims that if the two partners feel positively toward each other, they will have no trouble resolving their resolvable conflicts and they will be accepting of their irresolvable conflicts. *"The foundation of my approach is to strengthen the friendship that is at the heart of any marriage."*

Dr. Gottman's Seven Principles for Making a Marriage Work:

1. "Know each other." Learn all about each other's likes, dislikes, wishes, hopes, dreams, etc.
2. "Focus on each other's positive qualities, positive feelings for each other and the good times you have shared with each other."
3. "Interact frequently." Tell each other about your day, your thoughts and your experiences. Romance is fueled not by candlelight dinners, but by interacting with your partner in numerous little ways.
4. "Let your partner influence you." Power and decision making must be shared.
5. "Solve your solvable problems." Translation: communicate respectfully; use "I" statements, criticize behavior without criticizing your partner, take a break when you're getting too upset and compromise. Gottman asserts that in both happy and unhappy marriages, more than 80% of the time the wife brings up marital conflicts while the husband tries to avoid discussing them.
6. "Overcome gridlock." Try understanding your partner's underlying feelings which are preventing resolution of the conflict.
7. "Create shared meaning." Share values, attitudes, interests and traditions.

Completion Scenario Three; Moving On

Scenario three is the one in which Amy decides that she needs to take this course all by herself because there is no way that William would be open to this work. She comes to realize that what she has known for quite a while now is really true for her - she no longer loves William. She realizes that even if his anger did not become a bigger issue; that even if he could let go of having another child; that even if they could stop the bickering, she still could not love him the way that she knew a person should love their spouse. By doing her personal reflection and tapping work she was able to get to a point of appreciating him as a father; as someone who overcame a difficult past and painful family life, but she just became very clear that for her own happiness she

needed to end the marriage. Once realizing this, she began to work on all her fears about the ways that she “just knew” he was going to respond before she sat down and told him her intentions.

Discussion

Here there are more fears that need to be looked at and tapped though - the fear of your partner’s potential reactions, for example the fear of any anger or rage and the fear of revenge. There is the fear of causing deep sadness and hurt and fearing they might harm themselves. Then there is the fear that they will get vindictive and stall the separation in any way possible. The fear that if there are children involved the person will use the children as pawns in some way.

Remember, if you are the one that has been doing all the preparation work on the issue before telling your partner you better allow for a period of time to pass for them to get accustomed to the new reality you are creating of a life apart. Being as they have not had the time or space to process this, they will require it.

The “You Should Consider Leaving If” List

After all the work that you've done on yourself and after your changes you **should consider leaving if** you still feel strongly about any of the following.

1. That your partner is not permitting you or disrupting relationships with your family and friends.
2. That he/she has broken your trust with **infidelity** more than once (it is cited as the cause for nearly a third of U.S. divorces and is therefore, the most common **reason for divorce**).
3. That the thought of shared interests and common values is ridiculous.
4. That your partner is not allowing you to fully express who you are and supporting your dreams and aspirations.
5. You have fallen out of love. I haven't ever met anyone who has fallen out of love with someone and been able to fall back in love with them the way that they are. I have, however, worked with people who reconnect with an old romantic partner who is no longer anything like the person they left and they have fallen in love again.
6. Your partner has a serious addiction that they are unwilling to get treatment or help.

7. There has been emotional, physical, sexual and/or economic abuse. It appears that only 8% of women who are assaulted report the abuse. Statistics also show that only 1% of men who are assaulted report the abuse.

Completion Scenario Four; Taking the Lead

Scenario four is the one in which one partner; we'll say William, takes the course alone and decides that he is willing to do anything he can to make his marriage to Amy work. In his heart of hearts and all his intuition tells him that they were meant to be together. If he makes that known and Amy has already decided to not make the effort and that its over as far as she is concerned, then there is little or nothing that William can do. By doing this work he is already preparing for what comes next. But, if Amy shows the same feelings, desire and willingness to make it work, then the following may happen.

1. They no longer have the same fights because William has come to realize that many of their conflicts were a direct result of him accusing, criticizing and condemning her because she triggered for him all his old wounds. Once he was able to release the old triggers their marriage began to turn around in a direction that created more positivity, friendship and joy.
2. Or, William was able to accept his flaws through his inner work. This gave him room to accept Amy fully for all her strengths and weaknesses. This led them down a path of greater acceptance and gratitude. Loving feelings and behaviors continued to increase and enhanced their ability to work out any conflicts in a more mature and mutually supportive manner.

Future Imprinting

Tapping Chart and Exercise



We are going to be time traveling forward in time. So go ahead and begin tapping on your side of hand point and your finger points over and over again until it feels that it is so automatic that you can do it with your eyes closed. Then close your eyes. Now focus on your future self. Imagine yourself in a place of total peace and harmony. You see yourself in the future and find a place where you know that you are happy.

Now focus on you alone in the picture and keep tapping. Make that image more vivid, more intense, and more alive and bring in as much detail as you can - colors, smells, sights and feelings. See that person living the life they want and are happy. Slowly walk up to your future self and I want you to introduce yourself. Connect with them verbally or mentally. They know who you are and why you are here. They are your future self. Silently or aloud while you continue to tap, ask them what it is you need to know in order to get to where they are. What information, wisdom or knowledge do you need to know in order to get to where they are? All along, keep tapping.

Many times your future self will just acknowledge that you are already doing things that are leading you towards that future. Keep tapping on your side of hand and finger points. Continue to receive all the information that they have to share with you.

Ask them now if there is a symbol, touchstone, totem or energy that they can give you as a reminder of this information. Have your future self gift this to you and receive it in any way that feels right to you, whether it's put in your hand, placed in your heart or expanded within you. Be receptive. Just be in a place of total receptivity. Feel the total love and appreciation you have for this being. Feel the love that your future self has for you for and all that you have done to get to where they are.

Take in all of those positive feelings, images, symbols in through the top of your head as you continue to tap. Experience all the sights, smells and colors through the top of your head allowing it to rewire all the neural pathways with the knowledge that things have changed...send that information down to all the cells of your body from the top of your head, down to the tips of your toes. Now bring in those feelings of love and appreciation into your heart center and see if you can see a color and bring that into your heart as well. Continue to tap and make those colors more vibrant and intense. When it feels like it's ready, send it out 360 degrees in every direction by exhaling through your heart. When you've done that you can stop tapping and open your eyes.

Take some time now and write down all the useful information that you just received during that exercise.

Trust and Faith

Questions

- Can you find the Trust and Faith that the universe will provide for you even if you cannot see how right now?
- Do you have evidence from past experiences that influences you in one direction or another?

Here are a few thoughts by Goethe that we hope will inspire you to know that there is light and great promise on the other side of what you are going through.

“What you can do, or dream you can do, begin it!”

“Boldness has genius, power and magic in it.”

“Until one is committed, there is hesitancy, the chance to draw back-- Concerning all acts of initiative (and creation), there is one elementary truth that ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would

never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now."

Finally, words from an individual who was truly imprisoned. At least his body was, and yet Nelson Mandela's heart and mind remained free.

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world; there is nothing enlightening about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's in everyone! As we let our light shine, we unconsciously give others permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

Homework

"The Bridge to the Future" Assignment

1. Read through this list of potential remaining fears and continue to tap on the ones that are relevant to your situation.
 - Fear that you'll end up like your parents or the fear that you won't end up like your parents.
 - Fear of loss of property, financial assets, home, joint businesses.
 - Fear that it isn't the right time to end it.
 - Fear of what it might do you your partner if you end it and the resulting guilt.
 - Fear of being alone.
 - Fear of ending up with someone worse.
 - Fear that it's inconvenient.
 - Fear of what will happen to the children.
 - Fear of that you'll have to admit failure or defeat.
 - Fear of the societal pressures of being single or divorced.

Tap on the fears that exist that may be preventing you from ending it whether you intend to stay or leave.

Start with general tapping statements using the list of fears that are relevant to you, for example: "Even though I am afraid of being alone, I deeply and completely accept myself" or "Even though I am afraid of what will happen to the children, I deeply and completely accept myself".

Next, try to make the fears more specific whenever possible. Fear of being alone can translate into fear of being alone like my Aunt Margie. Fear of what will happen to the children can be made more specific by adding which child and what you fear most as in fear that Susie will become more anxious around other children if I ask her father for a divorce.

2. If trust and faith have been lacking then find those specific events that would lead you to feel that you can't trust a higher power. Tap on the remaining feels around those events.
3. Take time to reflect on the dialogue you had with your future self. What did they tell you about your path, current resources, and what steps you'll need to take in order to get to where they are?

We hope that this class and the entire series has been a profound journey for you and enabled you to reach the kind of clarity that best serves your greatest and highest good. We thank you and we honor you while you travel on this path.

Alina & Craig