

PRESENT
WAY COACHING



**TRANSFORM
YOUR RELATIONSHIP**

'ROAD TO RELATIONSHIP'



**TRANSFORM
YOURSELF**





“Healing a relationship starts with understanding the relationship dynamic and healing yourself within it.” – Justin and Maria

Relationships can be a real challenge for some of us. When we are in a relationship, we want it to feel connected, passionate, fun, safe and supportive. When we first meet someone and ‘fall in love’ it feels like we have found paradise, and the feeling is amazing. We want to spend all of our time with this person, they seem interested in us, we would do anything for them, and it feels like they would do anything for us.

Why then does the relationship start to deteriorate overtime, to the point where we argue, fight, tiptoe around each other on eggshells, avoid each other and even get to the point of wondering if the relationship is healthy for us or if we should stay or go. This is a painful, confusing and anxiety ridden place to live our lives.

Understanding this relational dynamic (the downward spiral) comes down to deeply understanding the mechanisms within us that drive our automatic behaviours, reactions, tendencies and how and why they get triggered within our relationship. Before we understand this dynamic, we will see our partner as the cause of our pains, the person that keeps triggering us and will soon feel like an enemy rather than our beloved partner.

On the other side of understanding this dynamic, you will see why you have the power to change it and how you can change the negative downward spiral into a positive upward spiral, regaining your self-confidence, purpose and joy again.

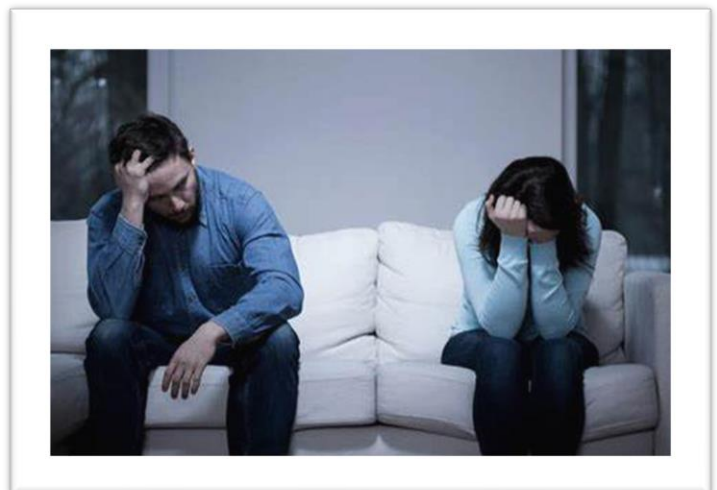
Our pain, our story and why we choose to help others.

After once cherishing our relationship, we found ourselves with a young family and an unravelling relationship.

To the outside world we looked like we had it all; we were both professionals with successful careers, married with two beautiful children, we owned a house, a boat, a 4WD and enjoyed our social and family life, relishing regular holidays exploring the world. This only made our pain more isolating, why on earth weren't we happy, content, fulfilled, in love? Why did we each feel so isolated and progressively disconnected, from each other, our friends, family and ultimately ourselves? At many stages we both privately thought separation seemed to be the only option. Sadly, this impacted our ability to be the parents we wanted to be, our friendships and careers.

We didn't really understand how or why we got there but it became incredibly painful, and we didn't know the way out.

Things became so low and triggering for us that we did in fact separate. It was devastating.



We didn't want this to be the end of our story, but we simply didn't know how to move forward, and we didn't want to be in pain anymore.

Thankfully, or by the grace of God, we overcame the fear to seek help and invest in our healing and development, we were willing to dig in and make the changes necessary to transform. From feeling completely stuck, disempowered and overwhelmed we have now regained a sense of purpose, joy, and fulfilment in our lives and relationship. We rebuilt our marriage, and we are thriving.

Interestingly whilst we both had different journeys to move us beyond our limited personal view and emotional scars, it was the same message that caused a shift in our perception of our internal and external reality, and it was this:

You are Not Your Body, You are Not Your Mind and You are Not Your Emotions. Only in The Present Moment can you find the answer to the question 'Who Are You?'

We had become the automatic reactions of our body, mind and emotions which were conditioned by our pasts. Since this time, we have been studying spirituality, human behaviour, mind and body

sciences in an attempt to understand human conditioning and behaviour as it relates to our own experience of life and to work through our own personal emotional scars and traumas. It has been a journey of growth, discovery, revelations and breakthroughs. As one of our teachers, Gabor Mate, says “It is not what happens to you, but what happens inside of you as a result of what happens to you” that causes the subconscious response that then creates a pattern of behaviour (including traumas).

So, understanding the deeper (unseen) workings of our mind, body and spirit is the key to understanding the relationship dynamic, freeing yourself, healing your relationship and creating the emotional connection and safety in the relationship that we all crave.

What we have learnt about relationships (especially intimate ones) is not what we were led to believe by society, movies and all the fairytales. They are a dynamic between two people, perfectly attracted to each other based on what is largely unseen within each person (our subconscious mind), although initially this is hard to see, and we don't really want to believe this. However, when we see relationships from the perspective we share, you will see that the partner you have is a gift that can set you free, free from limitations you didn't even know you had inside.

To change our relationship story, the critical first step is that we must take self-responsibility to see the dynamic we are in and change the perspective with which we look through if we want to heal our relationships. Making lasting changes takes honesty, fierce courage, and support.

We love sharing and teaching the tools and wisdom we've learnt that helped us save our marriage, countless others and we know you can heal too. Things can truly change when you decide to, and we are here to support you on your journey.



So, what is the Dynamic?

This dynamic is complex in its creation, human beings are complex and we each have our own unique patterns. Like our fingerprints, there are no two human beings with the same exact patterns. This is also why we are all very special in our own rights. While our individual patterns are different, the mechanism that forms them is roughly the same for everyone, when we understand the mechanism, we can work through the complexity.

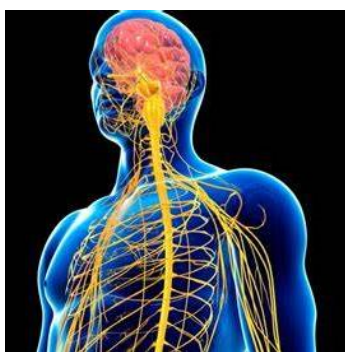
It is a combination of our personal temperament (our biology) and our experiences that form the basis of our own patterns (our conditioning).



The following is a simplistic description of what happens.

This dynamic is largely an unseen one within us due to the nature of our mind and nervous system, their evolutionary function and their ability to operate automatically (subconsciously) for safety and efficiency.

We are born into a body without any knowledge of who we are, and we go through a process of conditioning. Because we are not conscious of who we are, we take feedback from the world around



us and use it to program our brains for more efficient operation in the future. An experience comes in, we feel it within our body (our nervous system) as emotional sensations and based on this feeling our mind creates a meaning as to what it is. Generally, if it feels pleasant we are happy to experience it and we move on, if it feels unpleasant, uncomfortable, confusing, dangerous or scary, our mind flags it as danger and for safety reasons we create a mental program in our mind to adapt our behaviour to avoid such situations in the future.

This process of conditioning (mind and nervous system programming) happens largely from 0-7 years of age when we are completely dependent on others for our survival, it is more important to focus on how others perceive our behaviour (and modify it accordingly) than to focus on discovering our true wants and desires. Based on how safe, seen, heard and understood we felt as a child will determine a lot towards how we perceive ourselves, our self-worth and how we relate to others (our patterns of love).

This early childhood conditioning is reinforced through our teen years and is compounded as our life gets more complex with the addition of external influences (other family, friends, culture, society,

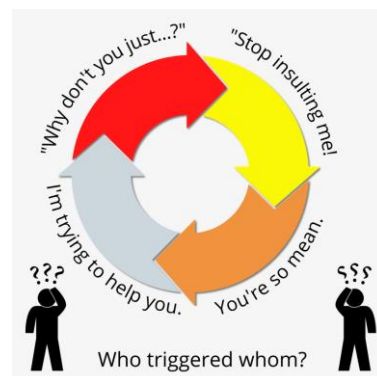
relationships, career, media, school, etc). There are also traumatic events that can happen anywhere through our life that create significant mental and emotional patterns to be created.

The hidden part of this is that we haven't been conscious of what has happened within us, how we have handled situations in the past within our body and how our mind really operates to create automatic operating programs for safety and efficiency to avoid perceived pains.

It is said that by the time we are 35 years old, 95% of who we are and how we operate is the subconscious programs running in our mind and nervous system as a reaction to the stimulus from the outside.

Now when we apply this to our relationship, our partner is the outside stimulus that is triggering our internal reactions. We don't see the internal trigger or program immediately; we simply automatically react and we get to see and live in the result that it creates, in this case it's relationship struggle, anxiety, arguments, blaming, pleasing, emotional shutdown and many other patterns.

When our mind and body automatically react to the trigger, we will project this emotional energy outwards to our partner and will in turn trigger their internal patterns back. When both partners are unaware of this dynamic, they end up in cycles of triggering each other back and forth, possibly with small periods of calm in between just enough to maintain the connection. However, repeating this cycle for months, years or decades becomes exhausting and leads to the demise of the relationship.



It is through understanding this process cognitively (within our mind), to reframe our reality and to work with the physical sensations (our nervous system) in our body that we can learn to free up our emotional energy, regain our true power and change our reactivity into conscious choice to create the relationship and life that we desire.

We learn to use the triggers within to free ourselves from the wounded, sensitive and insecure parts of us that we didn't know were driving our behaviour from the past and this is where our partner becomes the gift rather than the enemy and we can build emotional safety, intimacy and enjoy the thrilling ride that relationships can be.



What is the solution to shift this dynamic in a positive direction?

We have distilled all of our personal experience, the latest research in relationship and human behaviour, as well as the transformations we have facilitated in others to create our 5 Step 'Road to Relationship' journey that will change your relationship situation forever.

Our solution is not a 'quick fix or magic bullet', it's a process you learn to continually upgrade your own patterns, by understanding the continual unfolding dynamic that you are and working with what shows up for you. The 'Road to Relationship' process is what is necessary to transform all areas of our life, not just relationships with others, but the most important relationship being the one you have with yourself, you will understand where your true sense of power lies. This is a deep understanding and rewiring of your mind and nervous system to operate in new ways, to create new outcomes.



The 5 Step 'Road to Relationship' Journey.

Step 1: AWARENESS.

Without awareness of the dynamic that you, and relationships are, we simply are not aware of the root issue, and if we can't see it, we can't solve it. This step is all about getting the understanding and education required to see the dynamic you are in, to understand your inner workings that are automatically driving your thoughts, emotions and behaviour and to see how these processes within you affects your motives within your relationship.



Most of us have never had any education about how our mind and body are conditioned to operate automatically and where those operating programs have come from, how our past experiences (good,

bad and ugly) still operate within our current lives, what our emotions really mean and how to navigate them (especially difficult ones) and what the function of a relationship really is.

PROMTING QUESTIONS:

1. What was my parents' relationship like?
2. Where did I learn how to be in a relationship?
3. How seen, heard and validated did I feel as a child?
4. How did I learn the behaviours to be a man/woman?
5. How do the systems within my mind and body operate?

Step 2: CLARITY.

Once you become aware and understand the automatic, reactive nature with which you operate largely based off your conditioned past (and why we do that, again you will have awareness of this process) we must turn our attention to what we want from a relationship, not what we don't want. There is a big difference. Our automatic reactions operate to avoid what we don't want, and this only ensures we create more of the same.



Coupled with this awareness, the next step is to develop YOUR clear and authentic relationship vision with clear values, purpose and direction. At this stage we give ourselves the freedom to dream and explore what a healthy relationship looks like for us. While we may not be there yet, we need to know what we are aiming at and why. Change is never easy, so we need a clear focus on what we are trying to achieve and why, this will carry us through when we face challenges on the journey.

PROMTING QUESTIONS:

1. What is it that I DON'T want in a relationship (this is probably easy to answer)?
2. What is it that I DO want in a relationship (let your imagination go wild)?
3. Do I really even know what I want?

Step 3: HEALING.

The next stage of the journey is healing. We all have emotional/behavioural patterns that don't serve us (all of us), they aren't our fault. They are from our past at a time when we were incredibly vulnerable or easily influenced by our outside world, but we must be willing to resolve them, to clear them out to find our authentic expression or they drive the show and create the subsequent results for us.



Some of the automatic patterns run as reactivity to protect our hearts from feeling pain. It is this protection that blocks us from giving and receiving love and to feel emotionally safe, which is what we crave most of all as a human being, to be deeply connected to ourselves and others.

Often, we are not aware of the emotional wounds we carry, some of them we are (bigger traumas or major events we've experienced), however some are locked in our subconscious mind without us being aware of the root pain, we just experience the behaviours that we automatically operate with as a result of the underlying pain and assume it's just our personality.

We can access these internal beliefs and stored emotions with a modality of healing we use called Neuro Transformation Tools and Timeline Therapy. It is a guided process to get access to and release limiting beliefs, heal the emotional scars of the past and develop a deep sense of compassion for yourself and others. When we clear out the old patterns that no longer serve you, you are free to create new, empowered ones that you choose consciously. You will feel energetically and emotionally lighter, freer and more creative.

PROMPTING QUESTIONS:

Can you recall the first EVENTS or PEOPLE (in your life which triggered you to feel:

1. ANGER

Event:

Limiting Beliefs/Disempowering Meanings taken from Event:

2. SADNESS

Event:

Limiting Beliefs/Disempowering Meanings taken from Event:

Step 4: RELATIONAL EDUCATION.

When we have cleared out patterns and strategies that haven't worked for you or have been based on past wounds and protective behaviours, we need to upgrade them with patterns and strategies that are proven to work. There are lots of things we are blind to in relationships, however we can learn new ways.



In The Relational Education step you will learn some foundational relationship skills such as:

👉 **Masculine/feminine differences.** Besides the obvious physical ones, there are some clear differences in our core wiring that effect the way we perceive the world and act in it. Without knowing these we inadvertently trigger each other and can't understand why. For example, the feminine need for safety and the masculine need for autonomy, the masculine single focus and the feminine diffused awareness, feminine wanting help and the masculine triggered by unsolicited help, masculine direct communication and feminine implied communication, and many others.

👉 **Attachment styles.** There are 3 main types of attachment styles, Anxious, Avoidant and Secure. Each pattern has very different needs and behaviours and are directly related to how each feels emotionally safe in the relationship. When we don't understand ours or our partners we cause each others nervous systems to become dysregulated and we repel each other. On the other hand when we understand these, we can effectively communicate our needs and create emotional safety for each other.

👉 **Direct communication skills.** One of the masculine and feminine differences is the way we communicate. When we don't understand these subtleties, we can find communication difficult and triggering.

👉 **Working with emotional triggers and resolving conflicts.** When we do get triggered in relationships, which happens even in healthy ones, we need to understand what the mechanism of a trigger is at a deeper level, learn how to work with the emotional content of the trigger and resolve it within ourselves. By learning to resolve triggers within ourselves we, we no longer behave and communicate through the pain of the trigger (which is projecting pain back at our partner) instead we vulnerably share what we need to feel safe, this builds intimacy.

👉 **How to build emotional safety.** To have connection, intimacy and the spark back in the relationship, we need to feel emotionally safe with each other (and yes, even the guys need this). If it's a healthy relationship we want, we have to understand that emotional safety becomes the number one goal in the relationship and this guides our actions and behaviours. By gaining the Relational Education, you will understand how we unconsciously and unintentionally undermine and erode the emotional safety of the relationship.

These skills are necessary whether we are single or in a relationship, because they apply to the relationship we have with ourselves.

PROMTING QUESTIONS:

1. Do you know your attachment style?
2. Do you know how you make your partner feel emotionally unsafe?
3. Do you know what triggers you to feel emotionally unsafe?
4. How do you respond to your triggers and sensitivities and does it build intimacy or trigger your partner back (leaving you feeling more disconnected)?

Step 5: INTEGRATION.

We can learn and mentally understand the first 4 steps, however we need to learn how to integrate and embody them into our nervous system, so we actually behave differently. It is our behaviours at the end of the day that determine our results in life. The challenge is that when we try and behave differently or choose to operate in a new way, our nervous system has to overcome the fear of operating outside of what it is accustomed to.



Imagine this, have you ever tried to have a conversation that you know you need to have, you summons up the courage, you know you are going to do it, you approach the person and then at the last minute you find a reason not to, you freeze up or you get angry at them instead. This is your nervous system operating to keep you safe, free from a perceived outcome that you think might cause you pain if you authentically say what you need to say. And then later you feel annoyed with yourself, disempowered and have less confidence.

We show you how to develop and practice skills to implement the changes without emotional overwhelm to create new behaviours that result in the relationship you desire (within yourself and others).

Integration is all about working through your fear and learning to install the new patterns, beliefs and behaviours within your mind and nervous system so they become your new automatic operating programs and become permanent changes to your personality. When you learn to integrate your learnings and act from these, you will transform all areas of your life.

PROMPTING QUESTIONS:

1. What is your predominant reaction to fear. Do you Fight (physically, get angry, argue), Flight (run away, avoid) or Freeze (do you just feel emotionally frozen)?
2. Do you have behaviours or reactions you have tried to change, but you just can't seem to. What are they?

Where to from here?

If you would like to go deeper into this journey and transform the relationship you have with yourself and others, please reach out in the following ways, we'd love to serve you. You deserve to be happy in love.

👉 Book a FREE 60min Relationship Strategy call with Justin or Maria to discuss your relationship and how you can shift your dynamic.

Justin: <https://calendly.com/present-way-coaching/justin-60min>

Maria: <https://calendly.com/present-way-coaching/maria-60min>

👉 If you haven't already, join our Private Facebook group Relationship Healing: A Journey to Wholeness.

<https://bit.ly/RelationshipHealingJourney>

👉 View our EVENTS page on our website to register for our next 3 Hour Online 'Road to Relationship' Workshop where we go deeper, showing you clearly this relationship dynamic (that most are unaware of) in action and how to solve it to build intimacy, safety and trust so you are free to enjoy your relationship instead of struggling with it.

Upcoming Events:

<https://presentwaycoaching.com/upcoming-events/>

👉 Email us at info@presentwaycoaching.com

Much Love

Justin and Maria ❤️

