



Welcome to

THE CONNECTION PRESCRIPTION

Inside you will learn how I hacked my brain to experience increased joy and connection in my relationships!

Jump in and let's get started!

DOREENSTEENLAND.COM

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TRAINING ONE

01

Medical marriages—heck—all marriages that are not intentional can begin drifting. When we drift, we are in autopilot mode—just going through the motions.

You can be fully committed in your relationship and marriage—yet feel disconnected and drifting. You can be surrounded by people, yet feel lonely—survival mode will do that to you.

So what are some ways that the drift shows up?

When we are drifting—autopilot—living unconscious—below the line—survival mode, it's like we are sleepwalking and it can show up in many ways.....

Here is an adapted list of drifting behaviors for when we drift below the line (adapted from the Conscious leadership group)----these are the ways we distract ourselves from living alive and present.

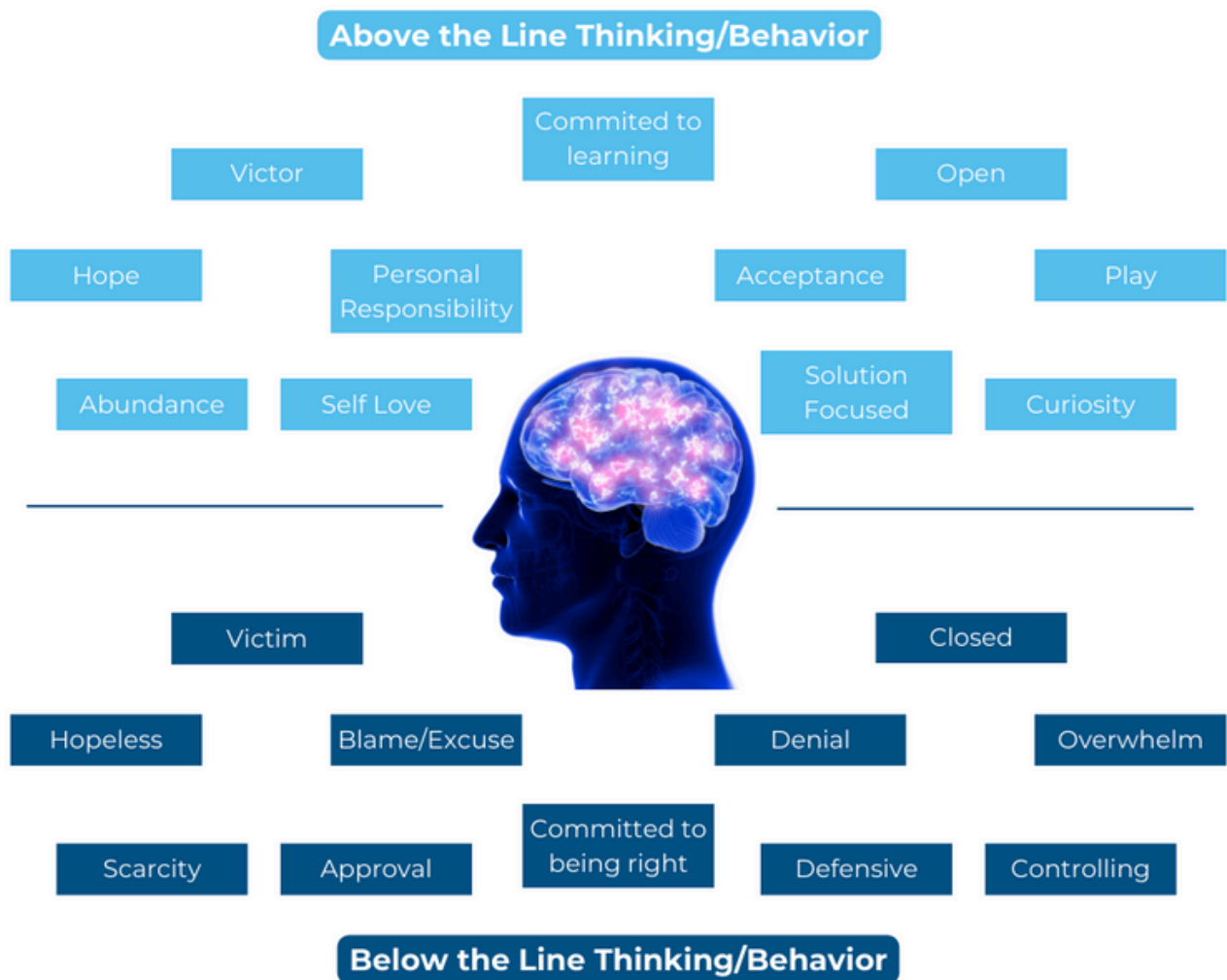
- Anticipating
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- Being Overwhelmed
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- Figuring It Out
- Freezing
- Getting Busy
- Getting Confused
- Getting Distracted
- Getting Embarrassed
- Getting Righteous
- Getting Serious
- Getting Shy (shrinking away)
- Getting Wordy
- Gossiping
- Ignoring
- I'm Not Enough
- Intellectualizing
- Internet Surfing
- Interpreting
- Interrupting
- Judging
- Justifying
- Listening to podcasts
- Making Lists
- Managing (or micromanaging)
- Organizing
- Planning
- Policing
- Procrastinating
- Protecting
- Questioning
- Reading
- News
- Seeking Approval
- Sexual Activity/Porn
- Shopping
- Sleeping
- Social Media
- Texting
- Trying Hard
- Watching TV
- Withdrawing
- Whining
- Worrying

TRAINING TWO

02

Your thoughts, feelings, actions and behaviors are determined by the state of our internal environment (your nervous system balance).

To simplify: you are either functioning from above the line or below the line. Your patterns of behavior will indicate your location. Hint: survival mode will be located below the line



TRAINING TWO...

02

We are either moving forward in growth or drifting backward to the patterns we developed in our youth.

How do I know if I'm just surviving?

“I just need to get through the day, week, month or some activity”

“When _____ happens then”

“When I retire I'll focus on my relationship

These are just a few examples, but notice if you keep looking for something outside of you to change what's happening inside you—this is the clue that you are in the drift.

NOW: put on your cap of curiosity and exploration....New Ideas create new results.

Big IDEA: Your brain will always find what its looking for—is yours seeking above-the-line or below-the-line interactions?

Where are you? Above the line or below the line?

Where is your relationship? Above or below the line?

What about your interactions with your kids? Above the line or below the line?

What you may discover is that there are one or two relationships that trigger you to travel below the line....just write those initials down right now and just notice what your go-to pattern is at this moment. No judgment. No condemnation. Right now, we are just noticing.

TRAINING THREE

03

I'd love for you to reflect right now on "that" relationship issue. Choose a topic that comes up for you regularly.

What patterns are you noticing?

Are you above the line or below the line when pondering this specific topic with your relationship?

Some of you may not be familiar with labeling body sensations. This is normal, we just notice the discomfort and try to stop it ASAP, BUT you are different now. You will begin to go deeper in your body sensation labeling.

Let's reflect a bit deeper:

Step 1:

Notice how do you feel? Notice your body sensation. Is there heat, tension, bubbling, clenching of the jaw or fists? What are you noticing about your body sensations? (see sensation list for help; feel free to add any of your own)

How are those body sensations making you feel right now as you ponder your hot topic? (see emotions wheel for help). Do you feel scared? Do you feel angry? Are you seeing your spouse as an enemy?

Tender	Disconnected	Anxiety	Wobbly	Stuck	Shimmery
Aglow	Empty	Dizzy	Sad Heavy	Suffocated	Streaming
Cozy	Frozen	Fluttery	Blue	Tense	Tingling
Melting	Heavy	Nauseous	Burdened	Thick	Twitchy
Moved	Hiding	Pit in Stomach	Down	Throbbing	Openhearted
Touched	Icy	Queasy	Empty	Tight	airy
Warm	Imploding	Spacey	Hole	Wooden	Alive
Scared	Small	Tingling	Hollow	Energized	Awake
Cold	Angry	Twitchy	Untethered	Activated	Expanded
Dark	Burning	Vulnerable	Weighted	Breathless	Expansive
Shaky	Clenched	Hurt	Constricted	Bubbly	Flowing
Shivery	Constricted	Achy	Armored	Buzzy	Full
Sweaty	Dense	Bruised	Blocked	Electric	Light
Trembling	Energized	Cutting	Clenched	Energized	Open
Shame	Explosive	Open	Closed	Floating	Relaxed
Depressed	Firey	Piercing	Cold	Fluid	Releasing
Draining	Hot	Prickly	Congested	Itchy	Shimmering
Alone	Implulsive	Raw	Constricted	Nervy	Smooth
Contracted	Knotted	Searing	Contracted	Pounding	Spacious
Cut-off	Red Hot	Sensitive	Cool	Radiating	Still
Disappearing	Rush	Sore	Numb	Referring	Vital

TRAINING FOUR

04

Going deeper with what you want in the relationship. When we set goals in a relationship, it helps if they are clear and communicated well. Often, we do not really know what we want from our relationships. We just know that something doesn't feel right. When left unchecked, we often search for things outside of ourselves to solve our perceived problem. (change jobs, change spouse, change environment/hobbies, spend, etc)

How do we figure out what we really want?

Let's go back to your earlier relationship challenge. We are going to play a game. Are you willing and ready?

Name the person and your complaint about them.

My biggest complaint about _____ is _____

Here's some examples:

My biggest complaint about Sarah is that she doesn't listen to me

My biggest complaint about Sal is that he is incompetent

My biggest complaint about John is that he complains I'm not home enough

My biggest complaint about Tyler is that he makes excuses for not hitting his goals

You get the idea.....

Now as you think about the issue, where are you? Above the line or below the line?

Now.....that you have determined where you are above the line or below the line—let's try and make a shift on this one issue. Would that be okay???

Let's take your biggest complaint and transform it into a positive statement of what you wanted instead of what is missing or wrong.....

So let's transform your complaint into a positive of what you want.

We will go back to your spouse coming home late.

Let's say your complaint is:

Steve never calls if he's going to be late.

The shift might be:

I want Steve to call if he's going to be more than a half-hour late.

TRAINING FOUR...

04

Building in Emotional literacy:

Emotional literacy is “I feel” followed by a feeling statement.

“I feel sad” — “I feel angry”— this is a feeling statement.

What emotional literacy isn't:

I feel (like)

I feel (that)

I feel (you or they)...these are all indicators that the next word or words will be thoughts and assumptions....not feelings.

Are you willing to step into emotional literacy and step out of blame and drama?

The choice is yours and everything you are dreaming of in your relationships begin with self awareness and emotional literacy.

This is the work we do—

It is the work that is needed in our society to reduce stress, anxiety and drama—

It is the work we need to do to have healthy relationships—

It is the work we need to do to have healthy parent/child relationships.

It is the work we need to do to have satisfying work relationships, communities, and teams.

Are you willing to do the work?

Now is the time to get serious and honor your answer. If the answer is no—that is okay—it's not a problem—just know that the results that you are getting in your relationships all revolve around your choice.

The choice is yours and yours alone. Making these choices is an investment in yourself and your relationship—which will lead to long-term joy and less drama.

TRAINING FIVE

05

Your brain is a predicting machine. When we hear someone talking, we hear words and we make interpretations of those words by filling in the absent material. Your brain is expert at this.

Sounds pretty cool right? Well, not always! Sometimes we fill in the blank with our own experiences. And the truth is, our experiences are different than other's experiences. Let me explain.

We all have different experiences and beliefs that are lodged in our subconscious brain and body. Why is this important? Because drama occurs when we put our story onto facts.

Drama occurs when we go below the line and react from the autopilot part of our brain—which is not the higher thinking area.

So, would it be okay if we played another game?

Let's go back to that recurring relationship issue you are having.

Step 1: The first question I'd like to ask you is are you willing to shift out of the pattern of interacting that you are currently living in?

Step 2: Okay—great...if the answer is yes, I'd like to begin with some definitions. What is a fact? A fact is something that is proven to be true. There is actual proof. Let's pretend there is a video camera recording your interaction around this topic. It's all filmed and we get to watch it back after the fact. It's not a judgment or opinion of the actual footage.

What are the facts?

Okay...now that we have all the facts written down, let's take it one step deeper.

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TRAINING FIVE...

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Step 3: Now back to how we began this lesson, your brain is a predicting machine and is always calling on our past experiences to color the current circumstances.

Our stories are the things we make up about the facts.

For example: Your spouse comes home from a bad day at work and says, "I just need a little space to decompress"

The facts are your spouse 1. Had a bad day 2. Would like personal space from a little while to process

The story is what we make the facts mean: for example, if you made it mean that he never wants to share anything personal with you and he's pulling away and ignoring you.....those are the stories you are telling yourself about the facts.

So now step 3 is to write down all the stories you made up about the fact.

Step 4: Great, now take a look at the stories you wrote and look for example of how the opposite of each of your stories is at least as true.....

As you compare the facts and your stories, what are you noticing?
What do you think the real issue is in this situation?

Now we ask ourselves, might we be willing to commit to curiosity and letting go of being right?

When we become too attached to our stories (the judgments and interpretations of the facts) we cause suffering and drama internally.

Reflection:

What is causing your disconnection, arguing and lack of peace in your relationships?

What is one thing you can take responsibility for changing?

TRAINING SIX

06

Add lightness and play to your situation:

Simple Relationship Enhancement Exercises:

#1 Add humor to your situation together. Not making fun of each other, not using sarcasm.

What ways can you signal each other that it is time to lighten things up?

Can you put this in place before conflict arises and commit to reminding each other gently?

#2 Take a deep breath. How important on a scale of 1-10 is the situation

How important is this situation that has you below the line?
Is it worth the stress response?

How might you get yourself above the line so that you can process it with clarity and focus?

#3 Lie flat on the ground next to each other. Lay down and put hands on each other. Just changing your physical position to a lying down position, lessens the threat to the brain and body. It creates space to regulate and resync with each other.

This sounds woo-woo right? It's just another pathway of entrance using the proprioception pathway. As a matter of fact, there are five separate entry points that we can enter into the brain and body connection to create change through neuroplasticity. Many of us are in the habit of using the cognitive approach for changing behavior and thoughts. The work we do uses four other pathways to create brain and body integration. In other words, you can teach an old dog new tricks!

How did you respond to each other when you tried this exercise? What did you notice?

Thank You!

FOR INVESTING IN YOURSELF & YOUR FAMILY'S WELL-BEING

I hope this time was well spent as you explored new neuroscience-backed tools to help increase your marital connection and joy.

Even If you only apply one of the tools, you will begin to notice a difference. It's all about disrupting old autopilot ways of interacting--you've got this!

Thank you for investing in yourself, your marriage, and your family. These tiny shifts can make a huge difference in your family's well-being. As you model these techniques of communicating and connecting you are affecting the future generation.



JOIN OUR WAITLIST



What's next?

Well, we will be offering the **Reset Your Relationship:**

Adversaries to All-In Partnerships!

Yes, even more transformative.

More practical tips...

More support...

More connection and joy...

If you want to receive a document that explains it all, please
get on the waitlist--no obligation, commitment, no phone sales

bit.ly/3zh5dxy