



Love is Easy when you use the
3 EASY LOVE Laws

The NUMBER 1 Process to End Marital Tension and Stress

Meta commenting is often referred to by psychologists as the most powerful process to aid in healing and health.

Meta commenting is basically being aware of the “part” of you that can stand back internally in your mind and be aware of other parts of you that carry on specific conversations or trains of thought.

Yes, you do talk to yourself, almost constantly. And, no this is not crazy stuff. The key is how you organize and utilize this process.

As I've outlined before, when you are grabbed by the "Force it/Fix it" model you naturally generate anxiety and tension. You come to react to one another and find it difficult to remove yourselves from the cycle which tends to replicate the distance, frustration, or conflict.

You are stuck.

And, this pernicious cycle and pattern become automatic. It feels as if you lose all power to stop or modify the process.

Meta commenting enables you move above and beyond the cycle.

Here's what I want you to do:

1. Replay in your mind the last time your interaction fell apart. What were you doing just before it happened?
2. What was the trigger that set off your bad feelings and thoughts? Was it a word, body language, tone of voice, etc?
3. What awful feeling did you begin to feel?
4. Where specifically in your body did you feel the feeling? Head, throat, shoulders, heart, stomach?
5. What negative thought about YOU do you remember thinking?
6. Rate this experience on a scale of 1-10, 10 being the worst possible experience.

Take some time with these questions. Be honest. Be aware. Follow the process from beginning to end and answer the questions as best as you can.

The next step involves interaction with your significant other.

1. Guess in advance when the two of you might begin our cycle.
2. When the cycle starts, note if it is the same or different trigger that confronts you. Just notice.
3. In response to the trigger, note where in your body you begin to feel the awful feeling. Note whether this is the same or different place in your body. Just notice.

4. Note the negative thought you begin formulating about yourself. Is it the same thought or different? Again, just notice.
5. Rate your response to that interaction on a scale of 1-10, 10 being the worst.
6. Keep repeating this process with your interactions with your significant other until you are certain of the trigger, your body and minds response.
7. Rate each interaction on the 1-10 scale.