



21 Shifts You (and your partner, perhaps) will Make
...as you move from a fear based relationship to EASY
LOVE

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Introduction

You may find it helpful to begin with the end in mind. In that case, these 21 shifts point to your ultimate destination of EASY LOVE.

Module 1 on reducing the tension and fear, Module 2 on Relearning about love and marriage, Module 3 on Reconnecting with each other and the Focus and Finish Module, which offers support when needed, enable you to eradicate the fear and tension (which is the root of all your distress) and move to the experience of EASY LOVE.

Note that these shifts denote polarities. Know that life is not black and white; there is much grey between the polarities. Viewing the extremes; however, help you better grasp the nature of your present marital crisis.

Do you share this with your partner?

If your marriage is Yellow+ or Green, feel free to share and work with each other on these shifts. [Determining the type of Marriage (Red, Yellow, or Green) is found in Module #2 where you get your “phd” in understanding relationships.]

If your marriage is marked by tension and you consistently, frequently and intently find yourself recycling the pain and distance; or if you feel extremely desperate, alone and feel a strong need to “reel him/her in” please refrain from sharing this exercise. It will only cause more harm than good. As you progress through the modules you will understand the reasoning for not sharing.

How to Receive Ultimate Value from the 21 Shifts

Read through the shifts and rank order the top 3 most important shifts for you.

To do this:

Notice which ones seem to stop you and grab your attention
Notice which ones stir a feeling (heart sinks, twinge in stomach, eyebrows raise, etc.)
Notice images, memories that emerge while reading a shift

Spend time with the top 3 and:

Allow memories surface related to the negative part of that shift.
How did that negative situation begin?
When did it seem most intense?
What did you do? How did you feel? What were your negative thoughts?
How did it end?

At this point, that’s all you need to do. Just notice.

If you find writing helpful, jot down your answers and responses in the space provided.

How this exercise helps you...

The introduction to the Modules points to 8 attainments or conditions that are important for you to grasp as you move toward EASY LOVE.

Briefly, this exercise helps you in two attainments:

1. The 21 shifts exercise forces you to make distinctions. You begin to peel away the layers of the onion to understand with more depth the dynamics and nature of your marriage or relationship. Making increasingly finer distinctions enable you to communicate more powerfully and fully. (More on the 8 attainments is included in the introduction to the Modules.)
2. You develop the capacity to meta-comment. Meta-commenting is your ability to mentally stand back and make a mental note of something. The field of psychology contends that this is THE most important skill or capacity in good mental health. (More on that in the attainments section.)

Rank order the top 3 that grab your attention:

21 Shifts from a Tension Based Relationship to EASY LOVE			
Rank top 3			
	From: I'm fearful I will lose myself in this marriage	→	I will feel better and better about myself.
	From: This marriage is becoming an emotional death trap	→	This marriage is a place that gives me life.
	From: I'm fearful of losing you	→	I have confidence you will be with me forever.
	From: I'm fearful I'm going to think of myself as inadequate	→	I will feel more proud and competent in all areas of life.
	From: I'm fearful I will want to push you away	→	I want to be able to accept you for who you are and welcome you into my life more fully.
	From: I don't want you to touch me	→	I want us to be physically affectionate.
	From: I fearful my emotional meltdowns will ruin this marriage	→	I want to learn more about my personal needs and fears and overcome them.
	From: I feel bored and lifeless	→	I feel passion and excitement.
	From: Thinking we must be alike	→	Deeply appreciating our differences.

	From: Resenting that I must meet your needs	→	I want to meet your needs when appropriate and helpful for us.
	From: I'm fearful I must spent so much energy pleasing you	→	I want to shift my focus from pleasing others to letting you know more fully who I am
	From: I think I must hide and not speak my mind	→	I want to disclose fully and freely, without fear, my thoughts and feelings
	From: I'm fearful my career and vocation will suffer in this marriage	→	I want this marriage to be a healthy and productive springboard for my career and vocation.
	From: I close my mind and begin reacting when you speak	→	I want to hear powerfully.
	From: I fear that what I say will be not heard, acknowledged and diminished	→	I want to be heard powerfully.
	From: I'm afraid of conflict with you	→	I want us to share our differences and disagreements powerfully and respectfully.
	From: I'm afraid I will be smothered	→	I want to feel expansive freedom and joy.
	From: I want to run away and avoid you and this marriage.	→	I want to eyeball you, smile and enjoy it.
	From: I want to chase and pursue uncontrollably	→	I want to invite you to come close when appropriate and mutually agreed.
	From: Feeling like I must perform to be intimate	→	Intimacy is something that emerges naturally
	From: I'm afraid to move close	→	Closeness is something I look forward to and is a natural part of you and me.



NOTES:

Exercise Review

Please take a minute to give your feedback on this exercise. Go to:
<https://www.surveymonkey.com/s/7JXTMW7>

Questions?

If you have questions, go to the bottom of the introduction page and leave your question (or comment) in the comments box. Dr. Huizenga periodically reviews and answers your question.