

Outline

Day 1 Intro

Day 2 Lana 3 minute on the go

<http://www.yogamountainretreats.com/free-recordings.html>

Day 3 Rebecca- Play connection - attention & awareness

<http://connectfulness.com/play-connection/> (red rover)

Day 4 Amy- where do your money habits come from- ties it into how it all begins with you

Day 5 Lana- Mindfulness and self love

<http://www.yogamountainretreats.com/mindfulness-meditation.html>

Day 6 Rebecca- Intimacy begins with you

<http://connectfulness.com/intimacy-begins-with-you/>

Day 7 Amy- Self love identify the blame and guilt?

Day 8- Lana- Partner Connection Exercise- 6 minute video

Day 9- Rebecca- Positive Psych, play up your strengths!

<http://www.viacharacter.org/www/Character-Strengths-Survey>

Day 10 Amy- Money Quiz - what are the pros of your money personality- focus on your strengths

Day 11-Lana 5 minute Gratitude Meditation

<http://www.yogamountainretreats.com/gratitude-meditation.html>

Day 12-Rebecca- Rituals of Connection <http://connectfulness.com/rituals-of-connection>

Day 13-Amy- money quiz continued, share and focus on your partner's \$ strengths (I love you because you bring these things to our relationship)

Day 14-Lana- Emotional resilience meditation (tools to deal with the feelings)

<http://www.yogamountainretreats.com/emotional-resilience-meditation.html>

Day 15-Rebecca-Slow the fck down <http://connectfulness.com/slow-the-fck-down/> (feel the feelings)

Day 16- Amy- what are your money type influences? (welcome to the feelings)

Day 17- Lana- Urge Surfing Meditation

<http://www.yogamountainretreats.com/urge-surfing-meditation.html>

Day 18- Rebecca- Disconnection happens

<http://connectfulness.com/disconnection-happens/>

Day 19- Amy- Fear

Day 20-Lana- Heart Opening Meditation

<http://www.yogamountainretreats.com/heart-opening-meditation.html>

Day 21- Opt in- Dive deeper or join our live program

DAY 1- intro

SUBJECT: [DAY 1] The Reboot Begins. Ready to hit the restart button?

Congratulations on joining us for this 21-Day Relationship Reboot!

We know that there is only so much time, energy and resources to distribute each day. That's why we want to help you cultivate a practice of making the most of what you have, in a way that is sustainable, satisfying, meaningful, and authentic to you and your partner.

Sounds ambitious, but here's the good news: We will be focusing on small, easy tasks that shouldn't take more than 15 mins a day. All you have to do is commit to these 15 minutes for the next 21 days. You WILL see a noticeable difference in the quality of your connection with your partner. You will feel more in tune with the actions that can shape your financial life. And you will feel more deeply rooted to who you are.

Let's get started.

To begin your reboot, your first task is to **ask yourself a few questions**, which will help set your intention for the next 21 days.

We highly recommend that you **write down your answers**, whether it be on scrap paper, in a journal, on the computer or *gasp* maybe even a shared file with your partner. You don't need to answer these questions with your partner. **You can do it by yourself.** The point of these questions is to **get more clarity on how important it is for you to have a healthy relationship** so that you can harness your own internal motivation and make this reboot a priority!

1. **In what parts of your relationship do you feel depleted?**
2. **How can your relationship better sustain you?**
3. **If you felt more energized, connected and content in your relationship, how much better would your life be? (work, health, happiness, meaning, intimacy, self-esteem, abundance, etc)**

Once you've answered these questions, give yourself a pat on the back. You've completed DAY 1! Woohoo!

PS: If you have a gmail account, please move this email into your primary folder so that you can continue to make your relationship a priority for the next few weeks!

Day 2 Lana

SUBJECT: [DAY 2] The most important part of your relationship might be the person you're overlooking.

Believe it or not, the most important part of a healthy relationship is actually your relationship with yourself.

It's so easy to think of our careers or our relationships to others when defining who we are, but these are actually roles we play. Who we really are is what we feel when we pause and exhale. The silence in between thoughts, even if only for a fraction of a second--we can find ourselves there.

Today's task is a short one--only 3 minutes. But the power in these 3 minutes is oh so big. This is a 3-minute "On-the-Go" meditation that will refocus your attention on your breath and instantly bring some ease into your day.

When you're ready, put down your "have to's" and give yourself this 3-minute break. We promise you'll feel lighter after. As an added challenge, see if you can carry some of that lightness with you in your interactions with others the rest of the day. Then you will have completed Day 2!

<http://www.yogamountainretreats.com/free-recordings.html>

Listen to this 3-Minute meditation

Day 3 Rebecca

SUBJECT: [Day 3] When was the last time you really played?

You want to strengthen your relationship. You already know that time, energy & money (or rather feeling depleted in these areas) affect your relationship. Inviting play into the mix might seem counter-intuitive or daunting, especially if you are already feeling overstretched. And yet, play might just be the medicine you need.

The concept of play often totally stresses people out! Because in our adult world of productivity and value-making, it feels totally purposeless (and part of being a grown up is to have a clear sense of purpose, right?). It also might seem like yet another thing to work in, another thing to have to do correctly. That's because we've forgotten how to do it and what play is for.

Play is the glue that connects people to one another.

When relationships are playful, it feels safer to pause, lean in, and regroup when things feel rough. In playful relationships, it feels a whole heck of a lot easier to lead with curiosity rather than defensiveness.

Throughout your life, play helps to sculpt your brain and helps you create fuller, freer relationships. And playful relationships offer you a safe haven of security. They give you a launching pad from which you can go out and explore the world.

Healthy play can stretch you. That's the beauty of it all. Moments that challenge you to move out of your comfort zone also allow you to pause and learn something about how far you can go, what it means to regroup, and how you and the people you care about can carry on.

In play, it's safe to fail and try again. This is the nature of play, experimentation and exploration. You don't have to get it all right all the time, you just need to be willing to keep trying.

How to Rediscover Play

In small, slow doses, try playing with your awareness of how you tune into and sense connection between you and your partner.

Let's start by playing with a simple meditation. Take a few breaths, in and out.

Focus on the direction of your breath. Pay attention to the sensation of your breath. Keep your awareness on your breathing. You can probably keep your attention on the direction of your breath for three breaths. But the longer you keep at it, somewhere between 3 breaths and 300, you'll likely lose focus. Your mind will wander.

Every time your mind wanders, it's a new opportunity for you to bring your awareness back to your breath. This is where the practice of meditation is honed; in the noticing of when your attention has strayed and in flexing the awareness muscle to come back. Every time you do this, your brain gets better at doing it again. You develop new pathways in your brain. That re-attention to your breath, if you do it gently, without criticism: that's play.

That play is rewiring your brain.

Your relationship needs a similar sort of framework and mindset for play too. The willingness to notice and to bring your awareness and attention into coming back into balance and cultivating that safe, playful space.

Day 4 Amy

SUBJECT: [Day 4] In this money lesson, you'll do better with a mirror than a calculator.

Let's just be honest -- dealing with money can be really hard.

Money has the power to drain us of time and energy. It's no surprise that it is often a source of tension in our relationships.

So, how can we readjust our thinking about money -- the role it plays in our lives and our habits around it -- so that it becomes a source of joy rather than strife?

Well, here's a secret: Contrary to popular belief, getting to a better place with money doesn't start with looking at the dollars and cents. It starts with looking at you.

In order to change your money habits, let's first explore you a bit more. Your task for today is to think about where your thoughts and actions around money come from. Your parents may have given you strong and clear messages about money. Perhaps you heard things like "Live for today!" or "Better save up for a rainy day." Or, they might have never uttered a word about money management in front of you. Even omission is a message.

Carve out a few minutes of quiet time to consider these questions and jot down your thoughts in your Relationship Reboot journal. If you're doing this challenge with a partner, ask them to do the same.

1. What are the money messages you got from your parents, grandparents and other people who were influential as you were growing up?
2. What lessons did you learn?
3. Was money talked about or was it a taboo subject that was only discussed behind closed doors?
4. How did these influences shape how you feel about money?

Once you've considered these questions, take a few minutes to discuss them with your partner.

Does having this conversation with your partner make you a little uneasy? Try playing a simple game together like Jenga or Connect-4, passing a frisbee back and forth or shooting hoops while you and your partner share the things you've discovered. Inviting play into the situation lights up different parts of your brain and can create a safer space to discuss what can otherwise be a very sensitive subject. It also makes room for curiosity.

After your conversation, pause to reflect. What did you learn about yourself? About your partner? Did you have any "aha!" moments? How has your perspective expanded? You might find that you see yourself and your partner in a whole new way!

TIP: if you need to get quiet before you start this exercise, feel free to go back to the 3-minute On the Go meditation.:

<http://www.yogamountainretreats.com/free-recordings.html>

Day 5- Lana

SUBJECT: [Day 5] What can you learn when you're completely still? How about a little self-love?

Most relationships struggle because of a lack of self-love. Your task today is simply to believe that you are worthy of being loved.

You might scoff or snicker at that idea. You're probably thinking, "Easy for you to say! How do I do that?" Am I right?

First, start with how you treat yourself during meditation.

When you tried out the 3-Minute "On the Go" meditation, did you find that your mind wandered? When it did, how did you react to that?

Did you gently and lovingly bring your awareness back to your breath, or did you get disappointed in yourself and drag your mind back to your breath?

Did you give up? If so, that's OK. Don't beat yourself up about it.

Today, try this 10-Minute Mindfulness Meditation and see if you can be completely gentle on yourself every time you find your mind wandering.

Instead of being even slightly disappointed in yourself when your mind wanders, see if you can be OK with doing it imperfectly and lovingly bring your awareness back to your breath.

If you can treat yourself nicely during your meditation, you will begin to train your mind to continue this practice throughout the day. And, if you can continue the practice throughout the day, you're beginning to create a new habit and a new outlook.

If this is difficult for you, that's awesome! That means that you've found exactly what you need to be doing to make your relationship better. Continue incorporating this approach

into every meditation you ever do for the rest of your life. You will not regret it. Even a 10-minute daily routine is enough to rewire your brain and rework your appreciation for and connection to yourself.

Click here to listen to the Mindfulness Meditation and incorporate this mindset of self-love :) <http://www.yogamountainretreats.com/mindfulness-meditation.html>

Day 6- Rebecca

SUBJECT: [Day 6] 7 Mindful Steps to Cultivate More Intimacy

We invite you to take responsibility for transforming your relationship with your partner by shifting aspects of yourself.

Here is a key to keep in mind: maintaining & repairing connections to others begins with connecting to yourself.

Cultivating more intimacy in your life takes attention. More importantly, it takes mindfulness.

It has everything to do with where you choose to place your attention. It's truly that simple.

And it's also that complex because, if you are anything like us, the trickiness lies in refocusing your priorities. When you really pay attention **you might find that your conditioned ways of being don't bring you the intimacy you crave.**

When you feel disconnected, hurt, contemptuous, critical (towards yourself or your partner)-- start by simply noticing that disconnect.

Then, you can begin to work on refocusing your attention. Pause, look within. Take inventory on what you are feeling, what needs you have, and ask yourself "Have I expressed them?"

This is a path of lifelong learning that begins with 7 things:

- Tuning in
- Slowing down
- Taking responsibility
- Making space for more self care
- Regulating your inner critic
- Giving yourself permission to feel good & also to seek pleasure.

Today, your task is to check out this blog post, which expands on those 7 things, and then see if you can incorporate these into your 10-Minute Mindfulness Meditation.

Intimacy begins with you <http://connectfulness.com/intimacy-begins-with-you/>

Incorporate this into your Mindfulness Meditation practice. Listen here:
<http://www.yogamountainretreats.com/mindfulness-meditation.html>

Day 7- Amy

SUBJECT: [Day 7] What were you told about money as a child?

So often, the money messages we received from our families as we were growing up get played out in our lives as adults.

For instance, growing up in an environment where money was never talked about might result in a person feeling like money is a complete mystery or something to be afraid of. And that can cause someone to avoid dealing with money because it feels too overwhelming or scary.

For some people, the message might have been that buying things is a great way for you to cheer yourself up or to congratulate yourself, or even get revenge on your partner.

Or you might even have learned that taking joy in spending money is something that should be avoided at all costs!

For today's task, revisit your notes from Day 4 about the money messages you've received and reflect on *how* those messages (and those of your partner) are being played out in your life today.

Do you find yourself repeating the actions of your parents? Perhaps your habits are in direct opposition to the messages you received.

Allow yourself to do some thinking about this question and feel free to put your thoughts down in your journal.

Remember, though -- a bit of navel-gazing is always good for a few laughs, and I highly encourage you to laugh a lot. This task is about joyful discovery - play - rather than critique. Have some fun with your partner as you share your "aha" moments!

Day 8 Lana -

SUBJECT: [Day 8] Connect with your partner with just 6 minutes of silence.

So far, all the exercises that we have done, you can do without your partner being physically present. Today, you'll need your partner.

Now that you've been practicing self-love, this next practice should come a lot easier.

Set aside 6 minutes with your partner to watch and follow along with this Partner Connection Meditation video. Find a spot where you can sit comfortably facing one another, whether it be on a chair or on the floor, close enough that you can touch. Then, press play.

Watch the video <https://www.youtube.com/watch?v=PMDz38AhaVk>

(If you are long distance or your partner is choosing not to participate, that's OK. Revisit one of the meditations that we've already sent out, or catch up on a day that you missed and that will complete your task for today. Believe it or not, most of the work that I've done to help my relationship, I did by myself! A lot of progress can happen on your own!)

Day 9- Rebecca

SUBJECT: [Day 9] Play up your strengths!

It's easy to pay attention to aspects of yourself that you already know are strengths of yours.. Other parts of yourself may be trickier to tune into.

Here's some awesome news: the field of positive psychology teaches us that by playing up your strengths -- by doing more of the stuff you excel at -- you simultaneously improve other less evolved aspects of yourself. Both the skills you are already strong in, and the other skills get stronger too.

The same thing is true in your relationship!

We all have strengths. Today, focus on building yourself and your partner up by naming a strength of your own, a strength of your partner's, and a strength in your relationship. Jot them down in your journal and spend today in reflection on how you can nurture more of these strengths in your life, your partner & your relationship.

Day 10 Amy

SUBJECT: [Day 10] What your money archetype says about you and your relationship.

Today we are inviting you and your partner to explore your money personality.

Believe it or not, most people's money management habits tend to fit into one of several archetypes. Knowing which one best describes you (and which describes your partner) can help in figuring out how to find balance - both in your personal relationship with money and in your money relationship with your partner.

Which of the following four personality archetypes would you say best describes you and which describes your partner?

The Saver: You enjoy saving money, budgeting and prioritizing financial goals. You see money as a means to security and might have a hard time spending it on yourself or others. You may even spend a good bit of time worrying about your money situation, and you might be averse to taking risks with your money, for fear that it will jeopardize your future security.

The Spender: You enjoy spending money on yourself and others and you are generous in giving gifts and making charitable contributions. Spending money makes you feel important and loved. You tend to spend most, if not all, of the money you earn and you might even be in debt. You have a hard time prioritizing and saving for future goals like retirement because you focus more on the things you want now. You might also be willing to take more risk with your money than you should.

The Avoider: You avoid dealing with money because it just doesn't interest you or you feel overwhelmed by the thought of managing your finances. You're not sure how much money you spend or how to budget, organize or invest your money. You prefer to have someone else take responsibility for paying the bills and making the financial decisions.

The Idealist: You think money is the root of all evil and you avoid being involved with it at all costs. You would rather give it away than keep it or use it for your own security or fulfillment.

You might not fit one description to a T, or you might be a combination of more than one archetype. That's normal.

Once you've identified your money type (and that of your partner's), **take a few minutes to reflect on the strengths that you and your partner each bring to your relationship** as a result of your money personality.

How do these strengths benefit your relationship?

Spend some time journaling with the following prompt in mind: "I'm so grateful that, together, we bring these positive money attributes to our relationship."

The next time you feel stressed about money or your finances, try to focus on these positives and allow them to give you the confidence that, together, you can rise to meet your challenges.

Day 11- Lana

SUBJECT: [Day 11] This little habit will dramatically improve your relationship, your bank account, your life.

Even though we are moving on to a new topic, don't forget about the importance self love (See Day 5) and of that gentle and loving response to the wandering mind.

Gratitude is a hot topic these days, and not just in the yoga and meditation world. Social and Medical Science researchers are taking gratitude seriously too, and for good reason.

Gratitude makes us feel happier and more optimistic about our lives. It reduces stress, which has a direct impact on our physical bodies. It also helps us to look for the good in others.

It is often said in yoga that what you focus on expands. By simply focusing on the positive--the things you're grateful for in your life right now regardless of how imperfect or messy your life might be--you are filling your brain-space with thoughts of the things that are going right. These are the things that, without which, nothing else could follow.

And when you fill your head with thoughts of what's going right, while it doesn't erase or diminish what actually is problematic in your life, it does diminish the emotional effects that those negatives impose on our physical well-being and our relational well-being.

This means that like begets like. Thoughts of gratitude invite more stuff to feel grateful for. Or, conversely, sour thoughts invite more negativity.

The level of gratitude we experience influences our outlook on everything from our bodies to our relationships with our partners, to our outlook on money. Do you come from a place of abundance or scarcity? Do you focus on how aging has changed your body or do you focus on the incredible things your body is capable of? Do you see the good in your partner and admire that which he or she is good at? Or do you catch yourself saying, "We ALWAYS fight."? (Hint: Very few of us ALWAYS do anything.)

Now, when prompted, any one of us can surely think of something to feel grateful for. **The key is to cultivate a habit of gratitude.** How do we do this? A brief meditative pause is a great way to hit the reset button. And since we've already been practicing a little meditation to reset our self-love and reconnect with ourselves, this is a prime opportunity to gently steer our attention toward the good in our lives.

Today's assignment: Take just 5 minutes to listen to this gratitude meditation.

Gratitude Meditation <http://www.yogamountainretreats.com/gratitude-meditation.html>

After listening to the meditation, it may be helpful to jot down the list of things that you feel grateful for as a reminder for when gratitude feels inaccessible. (If you're feeling really

inspired, you might even find it helpful to implement a daily gratitude habit like [this one](#) or [this](#).)

Day 12- Rebecca

SUBJECT: [Day 12] Little things really do make all the difference.

Want to know how to connect more fully? **Here's a hint: it's in the little moments.** *And it's also a practice of relationship mindfulness.*

So much of what we do in relationships we do without thinking. We act on autopilot, which became part of our basic relational wiring in our own early childhoods. These primary experiences influence just about everything we do – especially how we handle intimacy in our adult relationships. Much of our programming might be positive, but the negative experiences can cause partners to feel lonely and disconnected.

When you and your partner do turn towards one another every day, you create opportunities to fill one another up. When all else feels off, when your sense of self falters, your partner can be the secure base you can return back to over and over again. Ideally speaking, of course.

On the other hand, when you repeatedly miss these moments, your relationship feels shaky. Missed moments of connection are akin to withdrawals, some larger and more taxing than others. So when you do connect in these special little moments, it's everything. Each of these moments – whether the connection is made and even when it's missed – is an opportunity for you to see yourself as you really are and even heal your child-self. It's an opportunity for you and your partner to find connection in one another and grow.

That's why I created this [free download](#) for you, a printable reminder of a few ways you can make sure to connect in the little moments everyday.

Day 13- Amy

SUBJECT: [Day 13] Got Monopoly money, will play.

It's so easy to allow frustration over money and finances to sap our energy and create tension in our relationships. This has probably happened to you at least once in your life. Chances are, if money has ever been a point of contention in your relationship, you've probably had the same fight more than once or twice.

Today, we're going to try discussing our money habits in a different way--through the freedom and safety of play.

When we can bring our money types out into the open through play, rather than anger, we can begin to deal with them and find ways to complement one another rather than clash.

This practice is especially helpful if the two of you are not the same "money type" (see Day 10)--and for the record, most couples aren't. One person is almost always more of a spender or an avoider than the other.

Today, I want you and your partner to go on a pretend shopping trip together. You can do this in an actual brick and mortar store if you prefer to be out and about, or it might be more convenient to do this online.

The object of this game is to swap money personalities. If you are the saver and your partner is the spender, you're going to play the role of the spender. Spenders, you will point out all the things you want to buy. And, savers, you will try to engage from a conservation perspective.

As you move through the game, make note of **how it feels to walk in your partner's shoes** and take some time to talk about that with him or her. What do you notice? Do you have a better understanding of your partner's intentions or goals? Did you discover anything about your partner's perspective that you like or admire? Was it hard for you to play that new role? Write these thoughts down in your journal and share them with your partner.

Day 14 Lana

SUBJECT: [Day 14] Do you let yourself feel the uncomfortable stuff?

Have you ever been at work or a social event and noticed an emotion bubble up in your chest and then done your best to hide it?

Often times, we have feelings that we perceive to be inappropriate and try to stuff away. Why do we do this? There could be any number of reasons. A lot of it has to do with the messages we received while growing up: "Boys don't cry." "Never let them see you sweat." "Be a lady."

It could also have to do with defenses we've learned over time. We might shut down in the middle of a conflict because keeping quiet might be the fastest route to the end of a fight. Or, we might spew insults when we are upset because we perceive it demonstrates our strength more than being honest about our hurts does.

Either way, we are hardwired to react. But how often do we pause to observe what it is we're *really* feeling?

Today, take some time to slow down and feel your feelings, whatever they might be. Follow along with my guided Emotional Resilience Meditation.

See if you can label what you're feeling. It might be something straightforward like joy or sadness. It might be more complicated, like melancholy or anxiety. Or, you might feel

nothing. You can't do this exercise wrong--whatever you feel is the right answer. All you need to do is give it a name.

Once you've named it, just sit with it for a while. Observe it. Feel it. Maybe notice where in your body you feel it and what that sensation is like. **Our bodies are communicative.** These physical sensations can help you decode what emotions you're feeling, whether you're resisting or feeling open, and what you need in this moment.

Most importantly, know that you're doing this practice in a completely safe space. No one is here to judge this experience--not even you. Remember that self-love we practiced in the first days of the challenge? Invite that self-love into this practice.

Having a healthy relationship with your own emotions is essential to having a healthy partnership. Remember, there would be no happiness without sadness. There are no bad emotions.

Let yourself feel those emotions that you normally don't want to feel. Often times, just by feeling your emotions, they will subside naturally. Sometimes they need more attention. If that is the case, you will know it. You can **reach out** if you need help working through it.

Listen to this 10 minute meditation and you will be completing day 14!

Emotional Resilience Meditation

<http://www.yogamountainretreats.com/emotional-resilience-meditation.html>

Day 15- Rebecca

SUBJECT: [Day 15] The key to getting unstuck.

As a relationship therapist I often teach my clients to **slow down**: to pause, reflect and sit with their feelings, especially the uncomfortable and painful ones.

This is especially true if you, like me, keep yourself in a perpetual state of *just a tad too busy*. The "too busy" often is a way to avoid tuning in rather than giving all the feelings their space.

Funny thing about discomfort and pain: Sometimes experiencing it —I'm talking really allowing yourself to feel it rather than run from it, or push it aside, or chug through— can feel *right*.

Feeling the discomfort and pain can inspire the movement you need to take to get unstuck.

The discomfort and pain can help you to tune back into you, slow down and refocus. **Sometimes the universe conspires to help you feel. When it does, let it.** All those

feelings, as uncomfortable and painful as they may be, are really steps towards healing. All that feeling, that's your humanity.

Slow down and let yourself simply feel.

When you need to slow down... How do you know? And what do you do? Reflect on this in your journal.

Day 16- Amy

SUBJECT: [Day 16] The BIG money question. (Don't worry, you've prepped for this!)

By this point in the financial component of the 21-Day Reboot, we've examined the money messages you've received throughout your life. We've determined which money archetypes you and your partner most closely resemble. We've explored play as a way to invite curiosity and lightness into money conversations between you and your partner. And we've also role-played to imagine what it is your partner feels about money when the topic comes up and have even turned these roles on their heads to see the positives and strengths that your partner's money perspective brings to the relationship.

Now, let's synthesize what we've practiced around self-love, slowing down, and emotional resilience in today's prompt.

Today, I'm inviting you to witness and observe your feelings around your current financial situation. When you think about where you are financially as a couple, what comes up?

Whatever you're feeling about it -- fear, joy, helplessness -- just feel it, label it, and observe it. Your journal is there as a safe space to capture what comes out. You don't need to share it with anyone necessarily, unless you want to.

Just your sitting with your feelings and simultaneously knowing that you are safe and OK in this moment to feel what you're feeling is a really big step toward moving forward.

Day 17- Lana

SUBJECT: [Day 17] Gut reactions and impulses have their place, but this isn't it.

Do you ever have those days when something rubs you the wrong way and you just want to explode like dynamite! Apparently, AC/DC did. I definitely have, too.

If you've stuck with us through this challenge, then by now, you've done a fair amount of giving yourself permission to feel. Today, we'll be doing a meditation that is designed to reprogram your brain from having those explosive reactions that you deeply regret later.

It's about self-regulation while still feeling what you feel. This allows you to pause and determine the best course of action.

When we pause, we can then determine: Is this emotion worth acting on? Or does it subside simply by my allowing it to exist?

After several years of sporadically practicing this meditation, I have found that I have a much easier time pausing when I am experiencing an intense emotion. Without acting out on it right away, I breathe through what I'm feeling (without trying to stuff it away) and then make a conscious choice on whether or not to act on it.

If I do choose to act on it, I have an easier time deciding how I am going to deal with it. This is a valuable skill that takes time to learn. Be patient with yourself.

Urge Surfing Meditation

<http://www.yogamountainretreats.com/urge-surfing-meditation.html>

Day 18- Rebecca

SUBJECT: Day 18: Do you and your partner get caught in a cycle of connection and disconnection?

Contrary to all those fantasies of what love should be, all relationships go through cycles of connection and disconnection.

As you and your partner seek a deeper, more sustainable connection, you must also allow yourselves to experience the necessary and powerful disconnects – even when that's horribly uncomfortable to do. And you need to hold space for the discomfort in a mindful way. Otherwise, it will take hold of you and, with it, your relationship.

It can be painful to sustain the energy it takes to stay attuned and connected to your best friend and lover – particularly when your own tank is on empty.

You may recall (on day 15) we talked about the idea that pain is information. When it hurts to stay attuned to your partner's needs, it's likely a sign that it's ok to let go – at least for a little while. To stay healthy, you need space to disconnect – even from the people you love. You need this time to tune into you (we discussed this on day 6).

There's *no* conflict in noticing when either of you need space. There's conflict when you don't notice.

If there is one thing you take away from reading this today, let this be it: *Happy couples fight*.

Does this give you some relief? The catch is, they just do a better job of it than unhappy couples. And a big part of that "better" lies in their repair skills.

When you both acknowledge and take responsibility for the disconnect you can also make a mindful effort to repair it. It's in this repair process that you grow. It's in these moments when you reach out – beyond your autopilot reactions and responses – that real, relational healing happens. It's in the moments that come after the ick and the pain. And after the pause and regrouping.

So, what does repair look like? It starts with creating an atmosphere of understanding.

Fact: Over 4 decades of research from the The Gottman Institute point out that 69% of the time, all our your relationship conflicts are going to be perpetually unresolvable.

And that's great news, because as far as the conflict is concerned, we're off the hook. It simply means you need to shift the focus off the conflict and back onto your relationship.

In order to really trust the stability of your relationship, you will need to be able to tolerate at least occasional disconnects from one another. It's in these disconnects that you'll often find an opportunity to listen to yourself – to tune in to your needs and feelings, soothe yourself – and then come back together.

So, about that atmosphere of understanding and repair...[here's another free gift to download](#)

(Note: you received this download when you signed up for this email series, it may not be new to you, but we hope that you understand it better at this point in the series.)

Day 19- Amy

SUBJECT: [Day 19] If money is the all-powerful Oz, it's time to peek behind the curtain.

If I asked you what money means to you, what would you say?

If we're really honest, most of us would say that it symbolizes love, happiness, security, corruption, power...or any number of things. We all believe that money equals something, whether those beliefs are conscious or not.

In reality, though, money doesn't really equal love, right? There are certainly plenty of people in the world who have very little money and yet have deeply loving relationships.

This magical thinking that we attach to money can really hold us back. When we're able to name and understand these thoughts, it can help to release the hold they have on us.

So I'm inviting you to explore and challenge your magical money beliefs. First, take some time to name them and write those names down. Try finishing the statements: "Money equals _____." Or, "Money represents _____." List any that pop into your mind and suit your beliefs or feelings.

Then, look back over what you've written and shine the light of truth on each one. Ask yourself, is this really true? In what situations is this true? Is this part of my reality? Release yourself (and your partner) from the yoke of any unrealistic expectations.

For example, is money actually corrupt? Well, no, not really. Money is just a thing made of paper, metal, or more often these days, plastic. Money is an abstraction that uses numerical symbols to describe it. Some people even like to describe money as a flow or exchange of energy. So, is money corrupt? Not any more so than a piece of paper or an electric current is corrupt. If corruption exists, it is in the minds or systems of those controlling the money, not the money itself.

Really examine each money belief with a critical eye (but note that a critical eye is different from a judgmental one!). Is money inherently good or bad? How can you begin to see money for what it really is?

Day 20-Lana

SUBJECT: [Day 20] When we feel safe, we naturally open up.

Today's practice will open our hearts. If this concept sounds a little hokey to you, you might be happy to know that there is real science to "heart opening".

In yoga, we talk about the chakra system--an ancient science of the movement of energy through channels in the human body. It's a complicated subject, but suffice it to say, what we refer to as the "heart center" is an actual energy lock located along the spine where our hearts happen to be and is associated with our abilities to give and receive love. When we feel unsafe, when emotions are suppressed, energy can become blocked from flowing through this channel and we quite literally need to open our hearts in order to become unstuck and heal.

The Heart Opening meditation I want you to practice today is designed by Marsha Lucas who is a neuropsychologist and psychotherapist. Through breath and visualization, this meditation encourages your body to produce oxytocin, which is nicknamed the 'cuddle hormone' for its role in social bonding. This practice conjures up "warm and fuzzy" feelings

and feelings of safety--like you may have experienced while cuddling with your dog or your sleeping child or while soaking in a warm bath.

This practice also quiets the rest of your body so that your parasympathetic nervous system (the "rest and digest" part of the nervous system) can do it's work. The parasympathetic nervous system kicks in when the more active parts of the body (our muscles, our conscious mind, our fight-or-flight impulses) are at rest, allowing for the digestive system, the liver, and the glands to work their magic purifying and enriching the rest of our bodies.

The parasympathetic nervous system also plays an integral role in our sexual responses, allowing fresh blood flow to your reproductive systems and creating receptiveness to stimulation. (We've all probably experienced a time or two when we were distracted or troubled by other things going on in our lives that we just couldn't get in the mood, right? Now you know why!)

Want to have a healthy and active sex life? Bookmark this one to practice again and again!

Heart Opening Meditation.

<http://www.yogamountainretreats.com/heart-opening-meditation.html>

Day 21- Rebecca

SUBJECT: [Day 21] Start a ripple of connection.

Now that you have started to tune in to your feelings and needs more often, you will also begin to notice when you need to consciously come together again.

It only takes a small gesture to start a ripple of connection. The problem most couples have: when one person attempts a reconnect, the partner may not notice.

It's common for you or your partner to miss a "we need to connect" moment simply because you didn't realize the other desired some extra support and attention. Now and then, it's understandable, but when "little moments" repeatedly get missed, negative sentiment builds up.

A "ritual of connection" is just a shared moment.

Remember those little moments we discussed on day 12? These are the things couples fight about most. That is to say, nothing in particular, just **missed opportunities to connect are the heart of most arguments. That's why making a mindful effort to connect is so powerful.**

So, with that in mind, and in the spirit of connecting, I encourage you to pick something that feels good for both of you.

It could be something that you do when you're walking by each other, like touching each other on the shoulder. It could be pinching each other on the behind. It could be ruffling each other's hair. It could be what my husband and I like to do – a six-second kiss. It could be a deep hug until you relax or a simple firm touch.

Get creative. Yes, it may feel forced at first, that's OK. The point is to make this a regular practice that can become a safe, playful and meaningful way to tune back into one another in the midst of your disconnects.

Release the need to stay in connection at every moment. Understand that you can manage the anxiety that arises when you fall out of connection. Practice the art of reestablishing your connection.

Trust that you can find your way back.

Day 22 - check-in/Opt In

SUBJECT: [Day 22] In the last 21 days, what have you noticed?

Congratulations! You have completed the 21 day Relationship Reboot!

How did it go for you? Were there days where you felt stuck or hesitant or did you break through? What did you notice along the way? Maybe you had some stuff bubble up for you. Or, maybe you and your partner had some flickers of seeing eye-to-eye on something you typically disagree on. Maybe you even had just a pinch more physical contact than has been your usual habit.

If you can't think of instances or examples, how has your breathing been? Or your sleep? Or your stress levels?

Whether deep down you're thinking, "YES, more, more," or you've had some frustrating blips along the way, I want you to know that we are still here to support you and your partner. In fact, I'd love to hear about how the challenge went for you. Hit "Reply" and tell me what you thought and how we can help you dig deeper.

[Include links & CTAs for Rebecca's offerings:

If you want to take your relationship to the next level, join us at our next workshop/retreat! Rebecca's Respark Online Course]