

EVOLVING *Love*

Rewrite Your Relationship DNA & Embody your ideal love story



MODULE 4 WORKBOOK

Resolving Conflicts Permanently

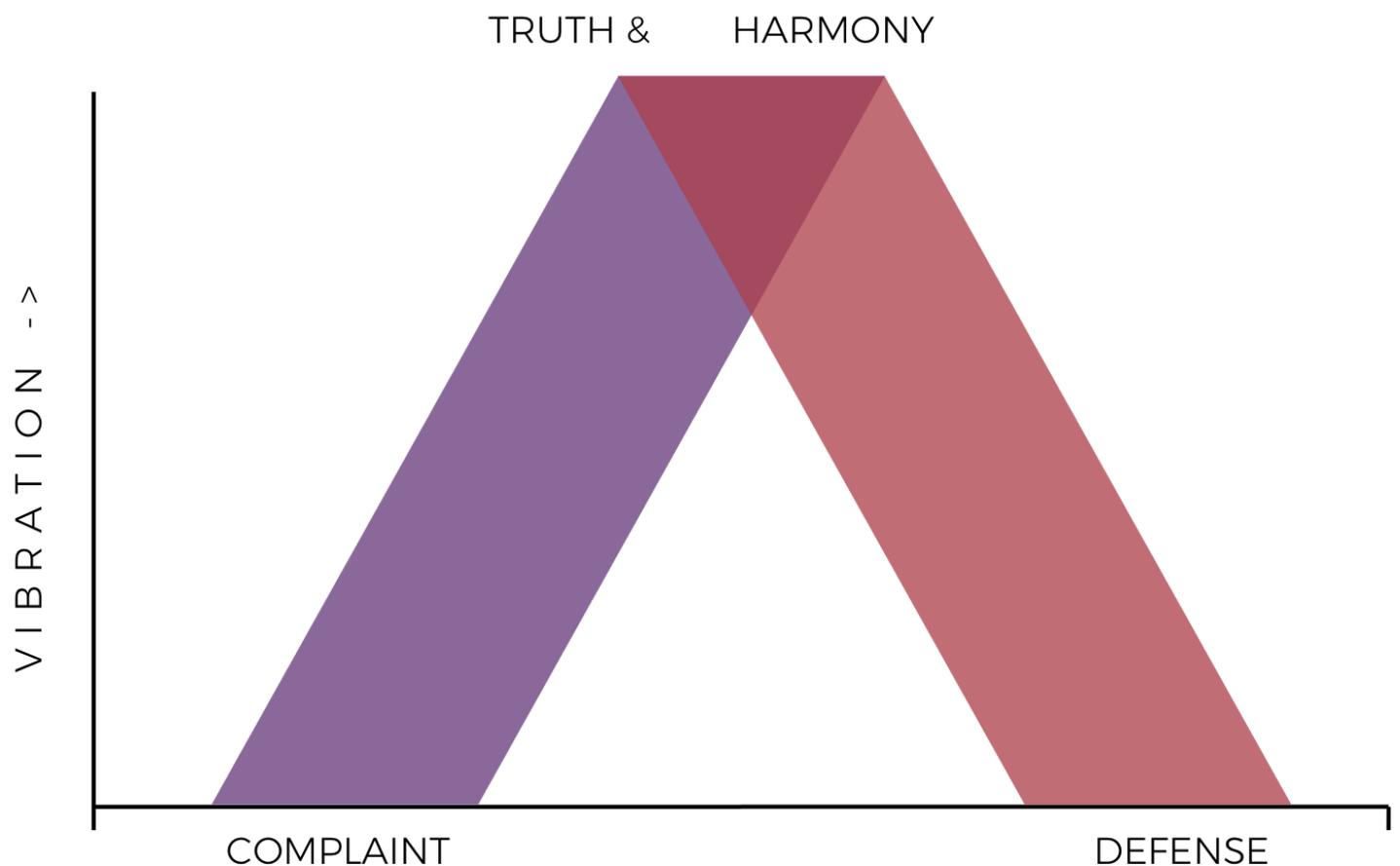
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*“Ultimately it’s not with who,
but when you choose to surrender.”*

- Lisa Citore

LESSON 1: NO MORE COMPLAINING & DEFENSIVENESS FOR US

Imagine ending the complaint and defensiveness at the root of every conflict! There is a path to permanently ending this pattern, and the first step is to be able to understand what is underneath each complaint and each defense. Otherwise, we just stay at the surface and continue to repeat an unwinnable argument.



At a low vibration when we are triggered each person tends to feel polarized against one another - far apart and divided. But at a higher

vibration complaint becomes a bid for truth and defensiveness becomes a bid for harmony. At low vibrations these feel at odds in an unwinnable fight and often polarizing as 1 person often represents truth while the other represents harmony.

At higher and higher vibration they are not at odds and start to merge - there is no truth that doesn't include harmony and there is no harmony that doesn't include truth. Recognize underneath your complaints the sometimes hidden value for truth which when expressed purely doesn't need to divide and complain. Recognize underneath your defensiveness the hidden value for harmony which when expressed purely has no need for armor and to defend.

REFLECTION QUESTIONS:

Are you noticing an energy of complaint and defense in your interactions?
Could you imagine bringing something else instead?

To complete lesson 1, share your answer [here](#)

LESSON 2:

RESOLVE YOUR CONFLICTS PERMANENTLY

INTRODUCTION TO THE PERFECT VISION PROCESS

There is a set of 4 conversations you can have that can help you resolve your most painful conflicts permanently.

Perfect Vision Conflict Resolution Process:

	Your Partner	You
Present Perfection	Do you see your partner's present perfect?	Does your partner see your present perfect?
Future Vision	Is your partner willing to become your future vision of them?	Are you willing to become your partner's future vision of you?

Four Checkpoints:

Focus On One At A Time, In Any Order

- **PARTNER'S PRESENT PERFECTION:** Does your partner feel that you are experiencing their present perfection? Your partner is the arbiter of whether they are feeling presently perfect in your eyes. If not, it is your responsibility close any gaps.

- **YOUR PRESENT PERFECTION:** Do you feel that your partner is experiencing your present perfection? You are the arbiter of whether your partner is feeling your present perfection. If not, it is your partner's responsibility to close any gaps.
- **PARTNER'S FUTURE VISION:** Do you feel that your partner is willing to become your future vision of them? You are the arbiter of whether your partner is resisting becoming the future vision you hold. If not, it is your partner's responsibility to investigate and close any gaps.
- **YOUR FUTURE VISION:** Does it feel to your partner that you are willing to become their future vision of you? Your partner is the arbiter of whether you are resisting becoming the future vision they hold. If not, it is your responsibility to investigate and close any gaps.

REFLECTION QUESTIONS:

What is your initial reaction to learning about this way of handling conflict??

To complete lesson 2, login to the course and share your answer [here](#)

LESSON 3:

3 MISTAKES PEOPLE MAKE WHEN USING THE PROCESS

Here are 3 mistakes people often make when using this process:

- 1) **FIGHTING OVER WHOSE STUFF IS WHOSE:** The person who's too sensitive has a partner who's insensitive and neither can figure out what's the appropriate amount of sensitivity. One mistake is to try to figure out whose stuff is whose. With this process there's no question about who decides what about who's work is whose. You have 2 jobs - to find your partner presently perfect and to become their future vision for you.
- 2) **HOLDING YOUR LOVE HOSTAGE:** Another mistake is requiring a certain sequence of these conversations in order to participate - holding your love hostage until the right conditions are met.. *"I'm not going to give you present perfection until you do/say ____"*. Don't hold hostage your development path until they shows progress on theirs.
- 3) **REQUIRING THE 'RIGHT' PACKAGING:** Requiring your partner to say things in a certain way, with a certain tone, cleaning up their language until it's 'right' for you before you will do the work of seeing their present perfection and surrendering to become their future vision of you.

REFLECTION QUESTIONS:

Have you done any of the 3 biggest mistake during a conflict? Which

One? Can you commit to trying this process instead?

To complete lesson 3, login to the course and share your answer [here](#)

LESSONS 4-9:

DEMO: BRYAN & JENNIFER'S REAL CONFLICT

In Lessons 4 - 9 Bryan and Jennifer Demo first an 'ordinary' conflict without using this process (Lesson 4) and then begin to have the 4 conversations of the Perfect Vision Conflict Resolution process so you can see these conversations in action before putting them into practice in Module 5.

Lesson 9 presents a 'lightning fast' version of this process to demonstrate that how you can resolve the conflict even before it starts.

REFLECTION QUESTIONS:

What did you notice about this conflict between Bryan and Jennifer? Did it seem familiar? In what ways?

To complete lesson 4, login to the course and share your answer [here](#)

What did you notice about how Bryan spoke to Jennifer?

To complete lesson 5, login to the course and share your answer [here](#)

What did you notice about how Jennifer spoke to Bryan?

To complete lesson 6, login to the course and share your answer [here](#)

What did you notice about how Bryan spoke to Jennifer?

To complete lesson 7, login to the course and share your answer [here](#)

What did you notice about how Bryan spoke to Jennifer?

To complete lesson 8, login to the course and share your answer [here](#)

EVOLVING LOVE VIDEO TRANSCRIPTS:

Lesson 1 – Lesson 9

LESSON 1 – Welcome To Evolving Love

(J) What we want to do with you now is dive into that layer plus two and teach you a Bryan and Jennifer signature conflict resolution process that will allow you to transform potentially the kind of conflict or kind of issue that has been coming up patternistically in your life and rewrite it in such a way that it becomes the very gem that leads you on your evolutionary journey.

We wanted to create a process that would actually give us access to our resources versus when we're mostly in conflict and we're feeling under-resourced and feeling the negativity and the complaint and all of this in our relationship.

Really what we found is there's a few really, really common conflicts that most of us deal with and one is this vector of complaint. We have a complaint. We want a different. So we have complaint here and then the response to complaint, usually for most of us, is defense. If we're at all triggered by the complaint, then one person does the complaining, the other one does the defending and you play this game of complaint/defense.

What we're wanting to do over the course of this afternoon is see can we give you a process that has you transcend complaint into what it becomes when you have a higher frequency, when you go up those layers into an evolutionary layer where you're bringing all of your resources to the table. Complaint becomes future vision.

Underneath every complaint, as we already said, is believing in your partner to be even more. You wouldn't be complaining about it if you didn't believe in your partner's capacity to bring more. He gave the example of the child not

bench pressing 500 pounds. Sometimes I give the example of I'm not complaining that Bryan is not running for president this season, although maybe I will next time, but I'm not complaining about that because I'm not holding that that's what he's about and that's what he has a capacity to do at least today. Just like we're not complaining that the child can't lift the 500 pounds, but what we are complaining about might be that he can listen to me.

One of our fights is I want to be listened to. So I'm not complaining that he's not listening to me because I don't believe he has any capacity to do it. It's the very complaint is sourced from a vision of him that listens to the feminine and specifically listens to this one.

When I'm not all in the negative energy of complaint, which is this garbage layer, there's truth in it. We're not saying that there's not truth in the complaint, that it's valid, so we want to relax the complaint. Let it know it's not insane. There is something that you are responding to that is in the space, but that the way that you communicate, if you use our process, would be rather than sticking to this layer, you would communicate it in the form of a future vision that you have. This future vision that you have isn't just something to ease the insecurity I have of not being smart enough to want to be listened to or worthy enough for his listening, but it's a future vision of a man that when he looks at his future he's clapping because it's the man he wants to be, which can be a subtle difference.

You're not creating a vision that is trying to compensate for your insecurity and your needs. You're creating a vision that you see is on his line of development, the man that you see him becoming or the woman that you see her being, and when you can express it from here, it becomes the more

compelling reason to shift a behavior that has been patternistic because in order for you to shift, it has to go from something that would be nice to do maybe or something you even want to do or must do to something you MUST do because it is who you want to become at an identity level.

It's not just I'd like to. I want to. I should, but I must and the way to create the leverage for I must shift this dynamic, I must live into this, is you tie it into a future vision they have for themselves that's so much bigger and grander that they would devote their lives to becoming that person.

Regardless of even staying with you, they want to be that man and that woman. Even if I'm not with you I want to be him. I want to be her.

Remember, we talked about mother love and father love. This is father love. I believe in you to become this vision.

(B) If paternal love is you can do anything – I have this image of the kind father/son. I believe in you. You can be anything in this world. That's the essence of that paternal love. The shadow of that is and compared to the anything that you could be, look at what a piece of shit you are right now. That shadow piece of paternal love is you are nothing in the lowest vibration form. You're nothing. You're a piece of shit.

What that's really saying is you could be anything and I'm looking at what you're doing in comparison to that.

(J) That's complaint transforms to future vision. Defense evolves into present perfection. Someone who's defending their behavior – “Wait a minute. I wasn't listening because I was doing this other project that I'm supposed to

be doing right now and you didn't yet have my consent. I was busy. Just give me a minute." You're defending. "Wait a minute. I was listening. I just didn't understand you. You weren't clear."

All of that defense is see me as perfect. Don't see me as flawed and it's like a request. So there's the defense, which is trying to sidestep this vision because it's coming at them as a complaint. There's hardly anything to do when somebody is attacking you than to defend.

Down here you get defensive or passive aggressive. Up here though, when you can bring the energy upward, what the request is usually in the space for the one defending is to be seen as presently perfect. To see that a sane, rational, loving human being might make that choice and that that choice is one of many, but that that choice is OK given who they are and where they're at.

If we can crawl into the shoes where they made a different choice than you and rather than making them wrong and complaining and judging and criticizing, we see how a sane, rational, beautiful, loving being with a good intention chose something differently in that moment. That there is a perfection to that from where they're at.

When you add a little mother love, you are perfect just as you. Where we're on their map, we're in rapport. We're understanding their world. We're getting where they're coming from. We loosen their hold on the need to defend where they'll be actually open to hearing a future vision.

What we want to teach you to do and we're going to demo it in a minute, is transform complaint into future vision and defense into present perfection.

(B) If the maternal love is this epic, divine mother that says, “Oh my God, child. You are perfect.” The shadow of that is, “Oh honey. It’s OK that she left you. Just come home and live with me. You don’t need a job anyway. If they fired you, they probably don’t understand just how precious you are.” It’s all that complacency.

Also for the more repressives in the room, I think that since complaint always creates a defense, reactives could really learn from us because we’ve figured out how to just hold our complaints until they complain and then let it all out. That’s one thing I think we’ve really figured out. They could learn a thing or two.

LESSON 2 - Resolve Your Conflicts Permanently

(B) One of the things that's problematic in conflict resolution amongst couples is figuring out whose shit is whose. How do I know what to own? When you're both off your rocker, triggered & crazy, then there's no telling yin-yang from the reverse.

One of the things that, when we were building this process, we were like, "We need the whose stuff is whose to be incontrovertible, like settled and with no ambiguity. To resolve the conflict there's you and then them and then there's future vision and present perfection.

To resolve a conflict, you have to see them as presently perfect and they have to see you as presently perfect. They have to see that you are surrendered to become that future vision, that you are on the path of becoming that future vision and not resisting it and you have to see that they are surrendered to become the future vision that you hold for them.

There's these essentially four conversations that have to happen in order for the conflict to be resolved. If I see Jennifer as perfect and she sees me as perfect and I see her path for me and she sees that I'm on it and she sees my path for her and I see that she's on it, there's no more conflict.

(J) The conflict is done for good because we'll end up at the lamps. That's the point and we know that we're on the trajectory.

(B) It's up to Jennifer whether I've seen her as perfect or not period. It's up to me whether she's seeing me as perfect or not period. So there's no, "I am seeing you as perfect. You're just not getting it." That is a foul. That's a flag on the play.

In terms of sorting out who's who's, her job is just to keep adjusting how she's being with me and what she's saying until I say, "Yes."

(J) He's the arbiter, whether he feels it.

(B) I really feel you relating to me as perfect now. Once I have that, then that part is done. It's up to Jennifer whether or not I am surrendered to becoming the future vision she sees for me or not. It's not up to me to say, "I'm working on it or I'm headed that way or don't you see that." Don't waste your breath. It's up to her. It's up to me whether Jennifer has surrendered to being on that path or not.

The thing that keeps the conflict alive is a sense of resisting becoming that version. You say, "You were late again." Your partner says, "But there was traffic." That's the complaint and the defense. Saying there was traffic is the same as saying, "I don't really want to be someone who takes responsibility to never be late again. I'm not going to be the guy who's always on time, who's reliable." That defense registers as resistance to becoming that future version.

It's up to Jennifer whether I am resisting becoming that future version or whether I've surrendered to it. It's not about whether I've already gotten to the lamp.

What's interesting is in conflict we actually don't care how far along the path our partners are. We just want to know they're headed in that direction with some deliberateness. That's what relaxes us.

There's so much compassion for not being all the way there, if we really see an earnest directionality. That's all that needs to be demonstrated.

The conflict resolution process is these four conversations.

LESSON 3 - 3 Mistakes People Make When Using This Process

(B) A typical relationship fight is complaint/denial and then counter complaint/counter denial. There is no fight that doesn't have that structure.

(J) If you complain and then they go, "You're right. Let's fix that," then that doesn't become an argument.

(B) There's no fight there.

(J) If there's no complaint to begin it, then there's no argument either.

(B) There's got to be complaint and denial. When you have complaint and denial you have a fight and the source of complaint is future version and the source of the denial is the demand for present perfection.

If you can add love, curiosity, turn up the brightness on what's going in the conflict, you can rise it up to the level of the future version and the present perfection and then you just have this gorgeous resolution. Instead of complaint/denial, you have, "I have a vision for who you could become and also I see that how you are being now is perfect." "That's funny because I see you as being perfect right now and come to think of it, I have a vision for who you could become."

In our wedding vows, we vowed to surrender to each other's present perfection. In other words, when I don't see Jennifer as being perfect, I view that as resisting the underlying truth of her perfection. I'm not surrendering

to that truth. Anytime I see her as not perfect, it is me that is flawed because her perfection is undeniable. It's a fact of the universe. Most other people are pretty perfect too, but particularly in this case it's clear to me. That's the first rule of having a really successful evolutionary partnership is to marry someone who's perfect. Fortunately I did that. Not a perfectionist. They're different.

She's perfect and if I don't see that, then I'm resisting against that and not surrendering and it's my job to surrender.

That's the other thing we noticed about most conflicts is that it gets really dicey to try and figure out whose shit is whose. Whose stuff is whose? You're in a conflict. I go complaint. She says deny. She says complaint. I say deny. I project a bunch of shit on her. She projects a bunch of shit on me. By the way, the things she's projecting are me also are true, but they're still projection and vice versa.

Now we're trying to sort out what's real. "I think you need to work on blah, blah." "I think you need to work on." The person who's too sensitive has a partner who's insensitive and neither can figure out what's the appropriate amount of sensitivity because I'm too sensitive and you're insensitive. You can't figure it out.

So we wanted a system that would end that question of whose work is whose.

(J) Or raise the conversation from complaint/denial/complaint/denial into an evolutionary conversation. How do we create an off ramp into something that actually raises up and out of that and this is what we came up with.

(B) It's your job to surrender to your partner perfection and it's your job to surrender to your partner future vision of you. I've got two jobs. I can surrender to her perfection and see her as perfect and I can hurry up and become the version of me that she's sees is possible. If I'm not doing those two things, then that's my work. That's my stuff.

Let's say that she's had a really bad day and she's her most trigger, beastly, and I could tell you a story maybe and you'd all agree she was wrong and she treated me badly in that moment. It's my job to see that as perfect, to see that as whether it's a totally understandable and reasonable place to have gotten to based on what led up to that point or her best shot at being the best version she can be given where she's at right now. I've got to see that as perfect and also find in those messages, which came out totally wrong, the picture of me that she's painting with those complaints.

Example of not taking out the trash out the other day and she's totally overreacting to the fact I haven't taken out the trash. I've got to see it's not just taking out the trash. There's a future version of me that she's actually calling for that has dominion over the house and the physical domain and has shit handled and things are done and when she sees the parts of the chores that I've agreed to, she relaxes because she feels cared for by the fact that they're done. That's what she's wanting.

(J) Because I have a future vision of Bryan that has integrity and a promise, no matter how big or small, including taking out the trash, I see a vision where my body trusts him. Other people can trust him and there's integrity to his word and that's a man he wants to become.

So my complaint of that's the tenth time you haven't taken out the trash and you promised me that you would is actually saying I really see you becoming

a man of integrity whose word has meaning, who creates trust. You see the difference?

One is a devolutionary complaining conversation. The other is a beautiful evolutionary rising him up conversation, but it has to begin with me seeing him perfect, as he is. The order is important.

Although we have done it out of order. That is an advanced move.

(B) In fact, I think the requirement of having a sequence is what keeps a lot of couples bound in conflict because each of them are waiting for the other to do their part.

(J) I'm not going to give you present perfection until you do this. So you don't want to hold your love hostage and I know that systems often relax a little easier when there's less make wrong, but we don't require it when we do it. We start whichever one is most alive.

(B) There's a lot of pseudo wisdom out there that says that Jennifer has to package her messages to me in a way that are going to be easy for me to receive and this model basically says that's not true. Packaging her messages is not something that she needs to worry about.

I may have a future version of her in mind that handles a disappointment around trash in a way that's incredibly graceful and beautiful and uplifting and it's her job to surrender to that.

(J) I become that woman.

(B) But that has nothing to do whatsoever with my reception of the message of my future version that I'm working on. I don't hold hostage my development path until she shows progress on hers.

While we're talking about responsibilities, it's Jennifer's responsibility to determine whether I've surrendered or not and mine to determine whether Jennifer has or not and that's not debatable. If I say, "It's my experience you're not at all surrendered to my present perfection right now," there is no argument. There is no, "Yes, I have," because I'm arbiter of that. Customer is always right.

(J) Customer is always right, exactly.

(B) There's no me arguing, "No, no. I'm on this developmental path. What are you talking about? I'm surrendered to the future version. I'm working real hard on it. I'm making progress. What are you talking about?" If she's experiencing me as resisting it, then I'm resisting it. That's what happening.

This makes it very clean. There's no question about who decides what about what there is to do, about who's work is whose and it requires, of course, as you can already tell, a tremendous amount of trust in your partner's vision for who you're going to be because it means you're actually going to be that and we see this happening anyways in all couples, but this model just makes it explicit.

This is, I think, the nature of all nagging is actually the shadow father love. One of the things I think why nagging is so sexually depolarizing is because it's so much masculine energy coming through the woman because it's paternal energy.



EVOLVING *Love*

LESSON 4 - DEMO: Bryan and Jennifer's (Real) Conflict

(B) We're now going to do it and we've saved up a conflict that we have not resolved, a real one.

(J) We're figuring the best way to see how this works is to literally just see it so it's not abstract, so you can actually just witness it. We're going to take a live real one, so who knows how this is going to go. One where there were tears and there was upset and we both have the feeling of it not being all the way resolved. It only happened a couple of days ago.

Watch as we're doing this for seeing us do all four of those things, having all four of those conversations.

(B) Jennifer, you're going to tell them as if you were telling your girlfriends. You're going to tell them the story of what happened from your perspective. Then I'll tell them as if I was telling my guy friends the story from my perspective from the complaint and defense. So you can hear the complaint and defense version first and then we'll resolve it.

Of course it's going to be Jennifer complaining about me.

(J) Of course he's going to be defensive about something so blatant.

I was leaving for a workshop I was going to be in for three days and we were collaborating on getting Evolving Love ready. One of the things that I asked Brian to do as I'm leaving for three days to be in a workshop, I say, "Brian, we

have a partner that's partnering with us to promote and tell you all about this workshop." This is my expectation now. Here's needs and expectations. "Will you make sure that this guy sends out a promotion email for us so that we have people coming to our webinar because I'm going to be busy all day."

I went to him in the morning and I said, "Brian, make sure that you get this guy to send the email."

(B) Yeah, sure.

(J) "Because I can't do it. I'm literally at a workshop all day. Will you make sure that you do it?"

(B) Yeah. OK.

(J) The workshop is going and I just have this sneaking suspicion. I can't quite let go of it. So I'm texting because I'm seeing it's not done. It's halfway thru the day and no email is sent. Then I wait a couple of more hours and then there's a couple of more hours and no email is sent. I'm not seeing any messages I'm cc'd on. I'm like, "Great. This isn't happening. He's letting me down."

I'm emailing the guy and emailing him and saying, "Hey, why aren't you sending this email? What's going on? Will you please reach out to our partner and make sure the email gets sent?"

(B) Yeah.

(J) Did that at lunch. Go ahead, Brian.

(B) No, I want you to tell the story.

(J) He's like, "Yeah, sure babe. I've got it." Then it's 6:00 at night and I'm like, "OK, so there's still no email out. We've got no one being invited to a webinar we're doing basically the next day." I come home and livid at this point. I can't believe it's 6:00 or 7:00 at night and this email hasn't been sent. I asked you to do this, so I'm complaining.

I said, "Please, please, please. You told me. You looked me in the eye and you said you'd make sure and it wasn't done and I was at a workshop all day. I couldn't do it. I needed you to do this. Please. You promised me that you would. I can't trust you to do things that you say you're going to do. I feel like I can't trust you because you've let me down so many times. There's so many broken promises.

This is how it looks, complaint/defense. How many broken promises do there have to be before you'll actually do something that you said you were going to do and you told me that you would. This is the low vibration complaint version.

Anyone relate or have been on either side of something like this?

I'm angry. I'm blaming. I'm complaining. I'm disappointed and underneath I'm sad that I can't trust you because it was something he even said that he would do it. It wasn't an assumption that I made. He looked at me and said he would do it. He said he would do it. Feel me.

That's my side of the complaint. Maybe we'll let him share his side.

(B) Jennifer and I have an agreement that one day a week I work on our collaboration, which is most of the time Evolving Love, and the other four days of the work week I have other work to do and I usually have back to back meetings from 9:00 a.m. until 7:00 p.m. often with no scheduled lunch. Often one of the meetings is a lunch meeting, so that's just the typical.

One morning, it's Friday morning, on her way out the door, she's going to a workshop, she's like, "Can you reach out to this partner and ask him to send the email or check-in on when the email is going to be sent or something like that?" I'm like, "Sure." I'll pull out my phone while we're talking and do an email to the partner saying, "Hey man, remember we've got to promote the thing. The thing is happening in a few days. It's happening Monday. It's Friday now. We want to make sure some promotions go out, so can you send your email, whatever you need to do."

Then I'm in back to back meetings. Didn't really think about it. Get a message around lunch time, "I haven't seen anything." I'm like, "Oh yeah, I haven't seen anything yet." I go and write another message, "Hey, haven't seen anything yet. What's going on?" Get a message back from the partner saying, "I'm going to send the thing at 4:00."

4:00 rolls around. Just about that time another message from Jennifer saying, "It's not done yet." I'm like, "He said it was going to be done around 4:00. It's around 4:00 now. Let me check-in." I start a Facebook message conversation with this partner and as I'm talking to this partner it's clear he is not at all prepared, doesn't even know what he's signed up for, didn't realize that he was filling the webinar. He thought that we were filling the webinar and he was just going to add extra people to it, but the whole partnership to

me wasn't setup and he didn't know what his expectations were, the copy wasn't there. It's like, "There's more that's going to be done tonight."

I'm thinking and he says, "We could move the webinar a few days from Monday to Wednesday." I'm like, "If we move the webinar a few days, I can do the work of setting up the partnership, writing all his swipe copy for him, set him up to win, start mailing Monday for the Wednesday. That'll work." I'm trying to check-in with Jennifer. She's in her workshop, so she had intermittent communication. Sometimes she was able to communicate, sometimes not.

She wasn't responding. I said, "Executive decision. Let's delay the thing." I'm not feeling a lot of confidence from this partner that he's actually going to do what he said he's going to do.

Then when Jennifer comes back online it's a lot of all caps. What the hell? No, this is stupid. Why do you do this? I feel like name calling, stuff like this. Some of it, which is in the message where the partner is cc'd. I was like, "Whoa." Meanwhile I'm also, while this is happening, doing a coaching session that I'm being paid for, so I'm multitasking, trying to do this at the same time.

So then negativity. If you don't want to delay, we don't have to delay. No, we don't have to delay, so we reset it back. She said she was really disappointed and I disappointed her again and she described it as an integrity thing, like it's out of integrity. I'm like, "Hold on. This partner is not doing what the partner said."

I feel like the partner is maybe out of integrity. I checked in. I did what I thought would be reasonable. If the partner was on it, that would have been enough. When the request was made, it wasn't like, "By the way, this partner is super shaky, so you have to make sure they do it." That wasn't what was setup in my mind because I wouldn't have been able to even take that on. I didn't listen to that.

(J) Actually did say that. I said, "You need to babysit him because he needs you to tell him to do it."

(B) Now I'm like, "Bad baby." I'm trying to calm Jennifer down. I'm like, "Alright." "Can you please be on it?" I'm trying to make up for it, so I contacted this partner every 10 to 20 minutes from 5:00 p.m., which is when the fight started, until he mailed, which was at 9:40 that night. At one point he's like, "Are you checking up on me again?" I'm like, "Yep. I'm checking up on you again. Are you going to fucking do it?" He's like, "I'm going to wait until my son is asleep." "Is he asleep yet? It's after 8?"

That amount of having to dog him just to get him do the thing made it clear to me that he was not actually prepped. There's no way that whatever energy I had to give this project prior noon or 2:00 was going to make it during that day. I also felt like Jennifer was super stressed about the event and is there going to be enough people, the whole throw a party, is everybody going to come?

(J) The little girl, "Is anyone coming to my birthday party?"

(B) And she hadn't really setup this partner very well. Normally in the past I've setup partners, this time she'd done it and the expectations weren't as explicit as they needed to be in my view, so I feel like there's a little projection. She

didn't really set it up well. The partner is flaking. She's nervous. All that gets loaded and pointed at me. Then I said, "Whatever, I'll just absorb this one." Here we are unresolved.

What's your level of trigger 1 to 10?

(J) It went up and down as I felt really misrepresented because I've setup a lot of the partners and I got three messages from him. Now I'm doing the defense of how amazing it was to deal with me with all of the resources I'd given him and how prepared I was, how efficient I was in setting him up and how amazing. How I'd given him everything, the swipe copy. I did the page. I did the thank you. I did the sequences. I gave him all this.

I do that most of the time, so I set him up well.

(B) I asked for a number though. What's your level of trigger as a number?

(J) See, look. This is like a normal fight. We're totally normal. This can be done. We don't always look all evolved. My level of trigger is up and down. It went up to like an 8 and it's hovering more like a 4.

(B) What was it that Friday?

(J) A 9.

(B) I'm like at a 3 currently and I was at like a 7 at the time.

(J) The reason we're doing this, this is a good practice, because we want to open the kimono to why are we doing what we're doing. In general we ask a couple to do 1 to 10 on how triggered they are because the most triggered one tends to be we let go first because if you're really triggered, you can't even listen. Nothing is going to go in.

The less triggered one has a little more capacity or a lot, depending on the disparity of the numbers, to actually let it in, whatever you're about to do. My number happened to be a little higher right now, so we're going to now do the process.

Just to test some of the content we did earlier, what layers are you seeing present most loudly? Needs and expectations. Historical pain. Power and control. Are you noticing these layers now? There's multiple things happening. You notice they're all actually happening, but there are some that are more obvious.

What we want you to see is that sometimes conflicts are so multidimensional that we're addressing only some of the layers and wondering why the conflict still arises. So you can really start to see these layers at play.

LESSON 5 - DEMO: Bryan See's Jennifer's Present Perfection

(J) We often recommend starting with present perfection. Right now I'm going to do the present perfection piece and he is the arbiter of whether I'm seen as perfect, not me. I will go until he feels himself as being perfect.

(B) You're feeling a little more trigger than me, do you want me to see you as perfect first?

(J) Actually yeah. I think that would be how it would go.

(B) First of all what comes up for me is just all the work that you do to create evolving love. Your dedication is inspiring as is your passion for excellence and up leveling. Part of why it feels so good as a body of work and why there's nearly 50 people here this weekend instead of 15 is that strive for excellence and I see it every day in how you approach the work.

I really get to benefit because you do 80/20 or 70/30, something in that range and I only work the one day normally. When there's an event coming up then it's a little more, but throughout the year I'm only working the one day and getting all of the benefit. I really appreciate that. I'm really thankful for both your effort and your excellence.

I also really appreciate I think the way that we're working with partners in general is better than we've ever had. More conscientious, more careful, working with better partners and that's been you that's been driving that and making that happen and I appreciate that. So there's that piece.

On this particular Friday I get that you had a parts conflict. You wanted to be in two places at once. You wanted to go and do this workshop because it's important and also there felt like there was something undone and I know how hard it is for you to put your attention elsewhere. It pulls at you, which is part of why you get so much done. It's part of why you're so effective.

Here you are leaving a part of you wishing you could handle this thing. I know it wouldn't be your first choice to rely on me on a non-evolving love day given that I know that you're sensitive to what's going on for me and that it was only really a last resort.

It's not your first wish to make it harder for me or give me more work or anything like that. The thing you asked me to do on the one level is pretty simple. It's just be in contact with this partner and make sure they do what they said. Right as you said it I could feel the fear that you had around him not doing it, but I didn't register it at the time. I didn't really get that that fear was an intuition about where he was at and what he needed from us. I thought maybe it was just you being rattled. So I wasn't really paying attention to the wisdom that you had about how prepared that partner was or wasn't and what was going to be needed.

(J) Pause just for education. Often when we're doing this we'll stop and check-in and say, "Scale of 1-10, how presently perfect are you feeling?" Then he'll get a gauge on where I'm at. If he hasn't already done an amazing job, he'll say, "Is there anything else?" and I'll give him the piece that might be still missing.

Do you want to check-in with how you're doing or do you want to just keep going?

(B) I don't feel complete, but why don't we check-in since you said that.

(J) On a scale of 1-10 I'm at an 8 of feeling presently perfect. There's just a teeny bit more.

(B) The last piece that I wanted to say was that when you're in the workshop and you're feeling powerless and that you're only tool from changing reality is this little chat window that you're trying to reach through and make things happen and you're feeling let down and then you see my decision which felt wrong to you to delay. It felt like a copout or just not doing it, then that hits a real sore spot, a tender spot that's been bruised before where something was important to you and then I didn't do it and it wasn't important to me or you felt alone in your commitment to do something because at the time you wanted to rely on me, I wasn't there or I didn't follow-up or I didn't do what I said I was going to do.

I know that's been painful in our history, so it's a real sensitive, bruised, painful spot that got hit. Like a sore toe that got bumped because it was located right on that thing. At the height of feeling powerless, I can understand the all caps and why. It felt like me not loving you and caring for you or showing up for you. How are we doing? I'm not complete.

(J) I'm at an 8.5.

(B) I only got half a point that last piece there. What's missing? Which is the appropriate response again. My whole story about what happened and my reality is irrelevant to what's happening right now. That's all second. That's

going to be handled later and because I know the process, I'm confident that's going to be handled. I don't have to grip it. I can set it down for now. It's going to be picked back up in a minute. I'm just here to show up because she is the most epic, beautiful creature I have ever come across.

(J) The piece that's missing is a fairly large number of broken promises in our history. I guess I want you to see some perfection, like I'm not some crazy, angry, horrible woman. Some of the hurt and anger I was feeling is from a history of broken promises and unreliability. I don't know how you're holding me getting upset, but I think almost anyone with a history of a lot of broken promises would be upset, angry.

I guess I want you to see that it would be reasonable to be upset because in my side of the story, if I weren't at the workshop, I would have definitely made sure it got sent earlier today. I know that. I would have made sure he sent it. I know it was possible and I guess I want to know that you get that someone being hurt about what felt like my interpretation of a broken promise, that you would make sure that that happened and it didn't happen. That that would be perfect or normal, at least normal. Maybe not ideal, but just that you would understand that someone might be upset by that.

(B) I hear two things.

(J) One quick learning thing. I don't have to be super clean and perfect in my communication in this part because he's giving me present perfection.

(B) It's not her job to speak nonviolently or anything like that.

(J) I could have even been a little like damn right I was angry. It doesn't have to go that way. I'm doing it a little cleaner, but I have latitude right now. He's giving me present perfection.

(B) It can be harder to show up in my role to give her present perfection if she's being super triggered and blaming, but so what. She's worth it.

I heard two things. I heard one is that it was totally possible, so it wasn't an impossible thing and if you'd not been in the workshop, you would have gotten it done, so I should have gotten it done.

The other piece I heard is that there's just a lot of broken promises in our history and you're still unresolved about them and about them and there's a part of you that's really on-guard for that and then really, really hurt when you feel me letting you down. It opens up a whole category of wounds that are really painful and which are inconsistent with how you see me and what you want for you and for me.

That seems normal, given our history, the level of upset that came up for you. I get that.

(J) I'm at a 9.9 and the .1 is that you see that almost anyone in my position might be upset. That you can understand that response would be one you could imagine.

(B) That's what I mean by normal. What I mean by normal is anyone, after repeated being let down, you're going to get a charge. Also, 9.9 is fine with me. I don't need the last point.

(J) It's good for me. Him just saying it with some of my language really helps my system.

(B) You don't have to use their language. That's optional. You can. Sometimes it works best. Some people don't like that. You use their language and they're like, "You're just saying the words. You're not really doing it." Some people really appreciate it. So depending on what your partner needs, you just keep doing something different until they're at a 10 or a 9.5. To me a 9 or 10 is fine. If you stop at 9, you're going to have a pretty awesome marriage.

(J) That's part one. That's step one of the four. I'm feeling really super seen. I'm feeling like he's started with acknowledging how much I take on and all the work I did to make things easy and smooth for him and also acknowledge some of the broken promises to understand why I might be hurt or sad. He's got it. That's part one.

LESSON 6 - DEMO: Jennifer See's Bryan's Present Perfection

(B) Now we can either do present perfection for me or future version.

(J) Let's do present perfection, present perfection.

(B) The order doesn't matter. You just do it in the one that feels best.

(J) We often recommend, like we say present perfection, but it doesn't have to be. Sometimes you're so triggered that you actually need to start with the future vision because you can't quite get to the present perfection until. We trust your intuition. We're giving you our best advice about what order to go in, but it's not a hard and fast rule.

You do so much for us. Even on that day you had just appointment after appointment after appointment and it was on a day that isn't our normal collaborative day when I knew in advance that you couldn't guarantee that you could spend so much time, energy and effort trying to babysit something like this happening.

What I see is that you are working so hard so that we can even do a workshop like. That you are giving me so much spaciousness to create it to begin with. That you even have time leftover to give me for this project is the best way for me to hold that time as like a precious gift you give me because you love me so much and you so enjoy collaborating and creating mind babies together.

First I just get the gift that you do give and that you put so much of yourself into this clearly. You put so much of you in every bit that we do together. I couldn't do this alone. It's not evolving love one sided. It's two lovers putting on display our love story in hopes that it teaches other people something about love.

First I just want to acknowledge how amazing you've been to collaborate with. How when we do put time aside, you are 100% there putting all of you into it and it's all over the quality of what we're doing now, so just thank you for being an incredible collaborator that I am lucky to have as a partner. First I just want to acknowledge.

I also want to acknowledge that our collaboration has gotten so much better. That there's so much more trust that is just so good, that the quality of what we're creating is so good that I need to upgrade my story around our collaboration and my trust of you because of how much more you are showing up, how much more reliable you are being.

If we're lobbing balls back and forth, that you're catching almost every single one on top of running three or four other businesses at once.

(B) That one landed.

(J) It's asking a lot of you to take on a day that you already had so much going on. In a way you had as much going on as I had. I happened to be at a workshop having fun, getting to learn and he was sitting at home working. I was getting to spend that free time at a workshop because you're working so hard. While I'm having my free time adding and learning, you're coaching meetings.

We were both stretched. Not just me and I feel like I didn't acknowledge that you were as stretched as I was in terms of time for this. Just to recognize that.

The next piece is that complained not about something you didn't do, but about something somebody else didn't do and that's not really fair. It's not really fair that I'm blaming you for someone else not doing something because you did reach out and so did I. To make you wrong or complain at you for someone else outside of us is not maintained by you. It isn't fair and you did show up and you did do the things you said. You did send an email. You did reach out.

In a way you did make good on what you said and I complained anyway. My complaint was more at what didn't happen, but was aimed at you. The anger was more about the circumstance and what was occurring or not occurring and instead it had all your name on it.

Now I'm going to check-in and see how perfectly present he feels. On a scale of 1-10, he's at a 7.

Now I'd ask him is there anything else? What did I miss?

(B) There's a couple of things. You got really close with this one, but the fact that to me the NLP is an elective. That you really could have excused yourself from class, handled the thing if it was as easy as you said. That was one.

Another is I didn't actually feel clear on what you were asking in the morning. I heard the words you said, but I thought that what you were asking me to do was to reach out. I also didn't feel freedom to say no because if you had told me – I ended up spending 40-50 minutes just trying to make it happen and already it didn't

happen, so that wasn't enough. If I knew it was going to be more than 40 minutes of effort, I would have said no and I didn't feel actually like I could say no.

I felt like the reaction to no would have been upset. So now I'm not actually free and I don't know if you appreciated what you were asking me to do was to multitask during coaching meetings so that I'm actually not present.

I almost felt like the victim of bad planning. Maybe if you had the day before, when you didn't have NLP, made sure that it was sent, like choose that day instead of the day that you're on NLP or something. I don't know what your schedule is like, but I got the impression that earlier in the week you had a little more open time that could have been used that way knowing that you were going to be gone, but since that wasn't used that way then now it's now my problem that I'm now failing at.

(J) I'll do my best to hold all three. Me doing the NLP weekend was an elective and your coaching meetings were not elective, so there's a big difference in how I spent my day and how you spent your day. I was electing to do something that was for me and you were doing something for us.

On that day that I'm asking you to do even more for us, you were already doing for us and I was electing to do this thing and it allowed something that hadn't been handled yet to be put under your plate instead of mine on a day of something that was elective. That I could have elected to handle myself in some other way, like missing a little bit of an elective course. That I could have elected to take a 5 minute break or a 30 minute break or an hour break or whatever it took.

(B) I didn't know what it was going to take. That's totally covered.

(J) The next piece was clarity. Then if I did ask you to do it and you did decide that I could have explained more clearly what I imagined would be entailed in making sure it was done, so that you knew in advance what you were saying yes to.

I think the truth is, if I'm honest, that neither of us knew in advance how much handholding he would need.

(B) I think it was more than either of us thought.

(J) It was definitely more than you thought and it was even more than I thought.

(B) I thought one email, "Hey, sending it today."

(J) I knew it would be more than that. I didn't know how much more and I could have been really clear on that so we could have collaborated on do you have time for this instead of, "Hey, honey. I'm out the door. Can you make sure this is happening?" It would be, "Let's collaborate. Here's something that's time sensitive. Does this work for both of us?" I didn't do that.

Does that feel good?

(B) Totally. Done. Two more. We could do I didn't feel the option to say no.

(J) I'm having a little bit of trouble with that one.

(B) Is it because I really didn't have an option to say no or because you felt I did and I didn't.

(J) I'll let you in on my inner world. He's not supposed to hear this because I'm making him feel perfect, but my inner world is you being a yes or no is up to you, not me. I can't do that for you. Only you can do that for you.

(B) Which is going to be the future version.

(J) Which is a future version, so this is giving me a hint of what do I see for him? The kind of man who knows how to say yes and no about that. I'm having a little bit of that in my head, but this is not the time for that. This is why he's not hearing this, but I want to let you in on what happens because this will happen to you where you're going to start having the you could be this way future vision. You really want to stay in the conversation you're in and I'm trying to only do this for educational purposes. Erase. You didn't hear any of that.

(B) I don't know what you're talking about.

(J) I think I could setup an environment between us that would make it easier for you to opt in or out of my expectations.

(B) That would be nice, but in this moment all I'm really needing is for you to feel that subjectively I didn't feel like I could say no. We don't have to fix it. You don't have to be the one to setup an environment to fix it.

(J) Let me keep going. I'll get there. I think I'll get there. I'll try.

(B) You're overstepping. You're giving me a lot more than I need is all I'm saying.

(J) I realize that the kind of woman I am when I make any request, I don't often realize how powerful I am and that when I make a request there's a force behind

and that's both something maybe great about me and something intimidating about me such that when you receive a request from me there's this I need to stand up and be a yes to this. I think I don't understand or know what it's like to be on the receiving end of that kind of request where it feels like life or death to say yes or no on some level. I don't want to disappoint her.

In choosing between saying no, which might fit better, and saying yes, you feel like you almost have to say yes because you don't want to disappoint me because you do love me so much. It's hard to say no to me.

(B) I love that actually. I love that about you. I love that about me that I say yes. I don't want to change that.

(J) Was there a last little piece? Where are you 1-10?

(B) I'm a 9. The last piece is that I think there could have been different planning to avoid that situation. Really actually what I would have loved is, "I'm really disappointed this didn't happen. I understand I could have planned it better so we didn't need to do it this way, but given that I didn't, I was really hoping you'd save the day and you didn't."

I don't know if you resonate with that planning piece. Maybe I'm wrong. Maybe there couldn't have been different planning.

(J) We decided to do it on Thursday and then it was Friday, so there wasn't a lot of time. What I will say is that a more evolved response from me would have been to realize that you did your best to save the day and that poor planning was more at cause than you not showing up to save the day.

(B) Integrity actually.

(J) That was a little inauthentic for me that last little piece. It's really important that you don't playact this. Every word out of your mouth is absolutely your truth because they'll smell it otherwise. Let me do a redo/restate.

The fact that we were rushing it wasn't on you. That was a decision that I made. So to be upset that this very, very fast thing that we had to put together last minute didn't go off as smoothly as it could be, the more appropriate response would have been, "Too bad. It didn't go out," versus making it about some character flaw in you.

(B) How can we make sure this doesn't happen in the future or any of those things. Thank you. 10

(J) You're at a 10.

(B) But it doesn't stop here because we've not done anything that would prevent the same thing happening again really. All we've done is come back to seeing each other for how awesome we are. Now there's the other piece like what was that irritant and how do we bake that in so that it's an integrated part of our future.

(J) That was present perfection for Bryan.

LESSON 7 - Bryan Shares a Future Vision for Jennifer

(B) Now the job is I have to catalog my complaints about Jennifer and I have to find the vision that was underneath them and communicate only the vision. I have to catalog my complaints, like what are all the complaints I had about what happened, and then I have to find what's the version of Jennifer that would have handled it awesome that she would want to be independent of the situation or what the partner did or me or anything like that. Then describe that to her and sell her on like what do you think?

It's not my job to give her a vision she wants to be. It's her job to be whatever version I say. As her partner, I've got to be careful to make sure I say something I really believe not only would resolve this situation, but is going to be the kind of woman I'm going to encourage her to be for a long time until she is.

It's the time to get off of my personal agenda and really be her evolutionary champion.

Now the thing we just did is going to help me do that because I'm not all like, "But you didn't get me." All that is so relaxed. Now, as you said, you had a great word for it. It just relaxes the system. It opens up the system and allows that version to come through.

There are a couple of aspects that I see you growing into and it has to do with leadership. It's specifically, I think, in the context as we continue to grow our team, I think that in the last eight years we've had one to two support employees and another two to three contractors. I see that number multiplied by 20 in the next 8 years. I really see a big difference.

As we take that on, I think these are going to be more and more important as futures of your leadership.

One is the future version I see when she has an intuition as she's delivering a request or a delegation that it's not 100% going to happen. There's a little knot in your stomach. She stops and adjusts the agreement or the container. She doesn't complete the handoff until she's totally relaxed in her body that it's going to happen.

The only time she gets let down is when she is legit surprised. She was like, "It's totally done. I'm so glad it's done," and then it wasn't, which is very infrequently. Most of the time there's a, "I don't know if he's going to do it." In this case it was this partner. "I don't know if this partner is going to really do it. Something's not right. Bryan can you make sure because I'm not feeling right."

That feeling you'd address in the handoff and you wouldn't consider it handed off until that was totally relaxed in you. You use that intuition as wisdom that the handoff is not complete yet. My vision of her is she just has a fantastic hit rate of people succeeding with tasks that have been delegated.

The people who work for her are more successful with her than they're able to with anyone else because the handoffs are so thorough.

In the past I think I've given you feedback something around making every handoff more thorough and I realize that's not quite it. It's more trusting your intuition about when they've got it and when they don't, that little quench, and using that as your guide.

(J) Got it.

(B) Any questions about that?

(J) Yes. When I am not sure it's thorough, what does the future vision of me do instead?

(B) Then it's time for creativity. How can we change the agreement or change the player or sit down and walk through? Let me tell you all my concerns about everything that might go wrong. Let me hear from you how you're planning to approach and I'll tell you whether I think that's sufficient. It's all of that.

In this case, at a minimum, it would be that I got the feeling in my body about the concern that it wasn't happening that you had in yours in the handoff.

(J) That went. I got that.

(B) "Can you check-in on this partner because I'm not sure they're going to do it?" I'm like, "Uh-huh." "No, no, no. I'm actually really concerned they're not going to do it and I want to remind you the thing is Monday and if they don't do it today, it puts the thing in jeopardy. I'm not getting a good feeling from him that he's on it." That extra step, I'm not sure how different the outcome would have been. You seem more confident than me, but certainly I wouldn't have been surprised by your level of concern at the end of the day and I wouldn't have been as concerned about it.

(J) Got it. The only difficulty I'm having is I remember having that exact conversation with him in the morning. Literally saying to him exactly what he just said to me.

(B) But did it land in my body, the concern, during that conversation.

(J) What you're asking me to have is the awareness that it didn't land in your body in the same way.

(B) That's right, which is an essential aspect of delegation.

(J) That feels good. I can do that. It seems important.

(B) That's one piece. The second piece is that in a professional context, there's really no call for acting out anger. So the future leader I see, the first move she makes is always accountability and the version of accountability that reassures the person that's been delegated to, like, "I see. There's a problem in the system. I didn't adequately setup the system." That's primary and secondarily, "Why are you making these choices? I'm curious." It's first accountability and then curiosity because if you have a team of 50 or 100 people and you treat the dropped balls by accountability/curiosity, accountability/curiosity, they're all going to be accountable and curious with each other and the system is going to work awesome.

You're going to have a much higher functioning system working for you.

(J) I want to be a leader that creates more accountability and curiosity and to be the source of it, so that sounds like a woman I want to be.

(B) She would relate to how you handled it. If she handled something that way, she'd be very sorry that that happened. "I was inappropriate. This is not the way I wanted to handle this. I'm still upset that the thing didn't happen and I want to make sure in the future that doesn't happen again and also how I handled it wasn't who I want to be." It would be proactive and quick coming up to that kind of thing particularly in a professional context.

(J) I'm game for that.

(B) Do we need to work on the first piece at all or are you good on that first piece?

(J) I'm good. You get to decide.

(B) I feel a little something around the first piece. I don't know what I'm picking up on.

(J) This is another good teaching moment. He's the arbiter of whether I'm surrendered to be that woman, not me. I'm not like, "Do I want to be her and does he have it right?" He gets to decide whether I'm actually surrendered to becoming the future vision he's painting me a picture of.

He's sensing that there's something that I'm not all the way in for. It doesn't matter if I think he's right or wrong about that. I have to give him the experience that I'm surrendered to becoming her.

(B) In an evolutionary partnership, once you've opted in, you trust that if you're having that experience, it's actually your blind spot that's giving you

that experience, not any flaw in their vision, but your blind spot that's preventing you from wanting to opt-in.

(J) Say it again and then I'm going to add to it.

(B) In an evolutionary partnership, once you've opted in, once you trust the source fundamentally, like this is a woman who I trust to craft visions for me, then if I pick and choose which visions of her I'm going to become, basically I'm back to just using my own insecurities to try and overcompensate and limitations to guide my future. I've taken back control and what is controlling that is my ego. The future version of me is going to be authored by my ego, but if I trust her vision, she's outside my ego. I have an opportunity to follow a path that's transcendent, which actually transcends my ego.

(J) I'll take this one a little farther. We actually did a really beautiful webinar with Annie, which is the how do you know they're the one for you to do this with. To me the answer to how do you know they're the one is that you would surrender to becoming the future version they hold for you and if you look at the future vision that they hold for you and you trust the source, the generator of that vision, then it's up to you to surrender each and every time.

Not just to the ones you like, not just the ones that already fit your limited version of who you think you should be, but that they're actually more trustable. He's more trustable to see my future than I am because I have a much more limited sense of self than he does. I'm limited by my insecurities and my baggage and my childhood wounding and all of those other layers. He's got a different set, so he actually has a clearer vision for me than I have of me.

Mine is going to be smaller than his always or I don't choose him. So choose wisely the one because when you choose a partner, that's what it means. It's not a matter of who, but when you choose to surrender to that future version. Once you choose who the person it, it's just when. It's not my role to not surrender to that. My role is to only find the places in me that are resistant and release that resistance to become that future vision because it holds wisdom. Hands down it holds wisdom.

My resistance is my blocking the wisdom that he has for me.

(B) Just an example that's happening right now here. Part of the deal with her pattern of being dissatisfied is that the pattern itself, it wants to continue to be dissatisfied, so it has her delegate in a way that ensures continued dissatisfaction. The pattern is dictating that and it's disguised by her smart rat brain. She's brilliant. It's disguised for her as a leadership virtue. This is how we maintain our patterns.

So I'm suggesting she invest more in the handoff, which is going to interrupt his pattern of dissatisfaction. The pattern is informing her that that's poor leadership, but she's going to trust me because I'm outside that pattern and then once she experiences it a few times, then she'll be revised.

(J) Because for a minute all I can see is they're letting me down, so it must be them, which isn't maintainable by me. If I keep chasing they're letting me down, I'll always be let down because that's not anything I can do about that.

(B) Her resistance to investing more in the handoff is that if they're letting her down, why does she have to do the extra work to compensate for their

mistakes.

(J) Totally the story in my head.

(B) I get it. When you transcend it as a leader, you take ultimate care that it's easy for your people to succeed with you. That they're more successful with you than they can be with anyone else and then that is a virtual cycle.

(J) The ideal, starting with the ideal, is that in the moment of the trigger you would do this instead and not do complaint and defense at all. You would do present perfection and future vision from the get go, but the reality is in the moment of the trigger likely you aren't going to be capable of having this level of conversation.

This is a pretty high level conversation we're having, but we have done it. Often it's just too much in the moment and we'll wait a day or two because we actually want to bring our resource selves to it. So in an ideal you're shortening the time between the moment of trigger and the moment of having a conversation at this level, but it's not always available to you in the moment and I just want you to be patient with yourself if it isn't.

Don't force it because then it can still have enough of the complaint and defense in it that you never quite get there because the present perfection they're still feeling defensive and then they're presenting their future version and they're still feeling like it's their complaint.

You want to be able to bring the regulation of the nervous system to a point where you can actually bring those resources and have this conversation

authentically.

(B) The cost of waiting a day or two is way, way lower than the cost of doing it half ass. You want to do it all the way and if that takes a few days, that's fine because this is a long game. We're going to be together for decades, so if it takes a day or two before the message gets across and just don't say anything in the meantime which you regret too much. Say things that are recoverable.

(J) Reserve the things that you're wanting to diarrhea the mouth and say, "Let's wait until I'm actually in this state to do this conversation," and then see what comes from you.

(B) You also want to recognize, while you're bringing this up, because this is something that really helped for me, once we had this resolution technology, this is the conflict resolution. If we're too triggered to do it and it's going to take a day or an hour, it's fine. I realize it's not resolved and it's going to be.

As soon as we do this it'll be resolved and it's not resolved, so I don't have to try and get resolution some manipulative, surreptitious way. I don't have to control her into resolution. It's OK that it's not resolved because anytime I want it to be resolved in the future after the cool down period or whatever, I just have to ask for this conversation. She'd love nothing more because it feels great.

(J) I'm being made perfect. He's drawing me a vision. It's inspiring. There are some emotions coming up in me, but for the most part this is a really beautiful interaction.

(B) It's the kind of conversation you'd have on a date.

(J) Do you guys see that? This is conflict. If you don't make the process one you want to engage in, then you won't use it.

We're back to you're feeling some resistance in me about which piece?

(B) The delegating. The investing more. Delegating when you have an intuition that it's not handled.

(J) If I'm having resistance, what I'm feeling into that is what if it's more like a hindsight?

(B) The future version of you can feel the distrust that's already in your body because I feel it there. It's there and she just tracks that and stops the action until together you can figure out what the cause of it.

I think sometimes you feel the distrust, but you wait for it to make its way to your mind for an explanation before addressing it. She feels the distrust and trusts that as leadership intuition and stops and says, "This handoff isn't done yet. Let's figure out what needs to happen." Then you're figuring out collaboratively what needs to happen.

(J) The future version of me that you see as a woman I want to become is a more intuitive woman.

(B) More intuitive leader.

(J) And a more intuitive leader.

(B) You're already an incredibly intuitive woman. It's just that that intuition informs your leadership and you have this kind of stop action move.

(J) And feels the whole system and all the people in it and understands where there's squishiness or lack of clarity or where any of the picture isn't crystal clear and seeks as a leader to fill in that picture and make it crystal clear and make it feel easy to follow.

So the future leader that you see me becoming is a woman that knows exactly where the image is dark and where it's a little fuzzy and can bring it into Technicolor.

(B) She makes hiring decisions, role change decisions, firing decisions all based on we're not agreeing to it. It's not the plan of record until I'm totally relaxed in it and all parts of it.

(J) Interactive feminine feeling to feel. I definitely want to be that woman.

(B) Now I see that as a 10.

(J) Let's mark off the box. He's marking me as a 10 as that he feels that I am invested in becoming that woman and from my end, what that means, is that I'll be in consideration process for a while now to see where in me am I becoming that woman, where am I not. What could I do? I'll probably have conversations with all of the friends that I love, that are dear to me, about how I can develop that muscle even more and become her even more. It's got to be my commitment and that's how it would look for me, but I'll be looking at the lens of watching people who do it well, watching people who don't.

(B) I bet if you track the disappointments like with the web guy, if you track the disappointments you've had professionally, that at the moment of handoff there was a contraction.

(J) I'm aware of it too now that you've pointed out.

(B) Which means that the handoff is not done yet. You're the most competent person in the system almost all the time, so when the most competent person in the system knows that the handoff is not done and it's not handled, the less competent person doesn't know that and they're just doing their part and they get surprised that it doesn't work out, but I think it's the leader's job to know that it's not going to work out and to keep making adjustments until the least competent person is able to contribute to the success.

(J) Does that feel good?

(B) I love you so much.

(J) I love you too.

(B) I'm resolved now.

(J) He gets to benefit from the fruits of the woman he knows I'm on the trajectory to become, would have handled that same incident differently. He can feel some of the pleasure now of me being that woman soon. I may still slip up, but eventually there'll be a version of me in a very similar situation would do it a little bit different.

(B) If she does make a mistake and we talk about it in the context of this thing, it won't be a conflict for me. I'll be totally relaxed on it. Now I'm her compassionate partner walking along the path of evolution and be amazed at how awesome she is for the growth she's doing, so it'll be contextualized differently for me.

(J) He can be my teacher and guide on that and help point things out in ways that are really loving. Not as a complaint, but you're on this path of wanting to be this kind of leader. I just noticed this thing. Let's take a look.

LESSON 8 - DEMO: Jennifer Shares A Future Vision of Bryan

(B) Future version for me.

(J) I see a future version of you, Bryan, that has such a strong, reliable, grounded, masculine presence that when people enter your sphere, their whole systems relax. Not only like erotically, but emotionally and mentally.

I see this future version of you that creates in his wake a sense of especially the feminine, but men and women have a regulation, like a safety, a relaxation of this is a trustable being. I can relax. I can lean into this man. Neither will he fall over or push me away, but he will stand firm and hold and be. I can touch him and taste him and feel him and I feel how drawn I am to that man.

A lot of him is here and there are just a few pieces. Some of the interactions you've had in the past with people that weren't quite trusting you, sometimes women, sometimes me, if you look out in your field, the people around you, what the response to you is, "I don't know if I can trust him." Instead of that to be, "Bryan is one of the most reliable, trustable people. I would share with him the deepest parts of me and know that he will care for them perfectly, impeccably."

I see that vision for you and I see that being something that is a man that you would be clapping for as you imagine him. I think that you'll be the kind of man that can measure your presence by the level of tension or relaxing in the bodies of the people around you. That you will be able to sense that also.

(B) It sounds like source it too.

(J) And source it. So when you feel a perturbation in the field, that your presence adds a relaxation to the field rather than maybe an on guardedness. That relaxation in the field allows those around you to have infinite trust in you. That man is one that I see.

(B) In this situation what I see also is not only in creating that in you, but that what the request is - can you add that element to the partner to ground them so they do what they're supposed to be doing. Bring that relaxing presence so that things get grounded. I like that as well as this. I'm in.

I've heard you describe different elements of this before, but this feels like a different you. I'm up for the game of becoming not just sufficiently grounded or integrous to make our relationship or our partnership work, but to hold the bar so that I'm that presence for everyone I'm in contact with.

(J) Just one more thing I feel I want to say. We read an article lately and in this article - it's a gorgeous article. I think I want to send it to all of you. In the article there are three words that will have the woman in your life...

(B) It's the three sexiest words a man can say to a woman.

(J) There are the three sexiest words a man can say to a woman and it's not I love. You're beautiful. You're sexy. I'm in it forever. I want to marry you. I want to father your children. It's none of those things, although those things are wonderful. Let's go shopping. Take my credit card. You have my kingdom.

All of these are good. They're fun, but the three sexiest words that a man can say is...

(B) Shall I say them?

(J) Go ahead.

(B) I got this.

(J) I want you to be the man that's got this. It's not relying on anything else.

(B) I tried this.

(J) I tried, but it didn't work. He didn't do it. Oh well. The gravity when a man looks you in the eye and says, "I got this." There's no question about whether it will happen because you have it beginning to end. Not just part way, I'll try, but I will. It is my will that creates reality because I am that divine masculine. I have this.

When I say, "Honey, do you have this? Will you do this?" The response is either no, because I'll get to the second part of the vision or, "I've got this." The relaxation I'll feel will be from a man that has it and means it and that's the future vision of a man that is the sexiest man I've ever known who when he says, "I've got this," I know and my whole body relaxes and I become the more feminine version of me for you in the wake of that.

That's the future vision I see, a piece of it. There's one other piece, which I hinted at. Is that something you want to surrender to become, a man that's

got this?

(B) Yes.

(J) There's a gravity to that man that is so beautiful, that will serve you in this work because when you speak, it will land like law, like death, like gravity is behind you, like words and universes are behind you and I want your word to have that gravity because it's that important, not just for me, but I think to all people.

(B) Thank you.

(J) You're welcome.

The second piece is I see a man that can express what he needs more readily and isn't afraid of how those needs will be received because the vision of you I see will express them so purely that the only response is a desire to be in support.

In the face of I actually don't have time. I can't really do this, but I have to say yes, the future version of you would either say, "I've got this or you know what I need? Actually, I have four coaching meetings today. I don't actually have the time. I actually need you to handle this one this time," and will be able to state it in a way that just engenders my desire to see what your world is and to not depend on me to try and suss out your needs, but for you to actually be proactive about telling me what they are.

I think both sides of that coin creates the man that really does got this because he won't ever say it falsely. He'll only say it, not for fear of not saying

it, but he'll say it because he means it or he won't and either way I'll be leaning in and drawn and magnetically drawn to help make that be.

(B) I'm excited for that path.

(J) Thank you.

(B) Thank you. 10 out of 10?

(J) I feel you invested in that.

(B) Give me a number.

(J) I feel you at 9.5.

(B) I'll take it.

(J) I'm a hard judge. I'm the Russian judge.

LESSON 9 - Lightning Fast Conflict Resolution For Couples

(J) We've done it kind of something like this... "Honey, you said that you would take the trash out. Will you just take the trash out?"

The argument is not whether he took the trash out. Then the conversation isn't a 30 minute conversation.

It's like, "You know, Bryan. I see a vision of you that cares for this environment that we're in, that adds more care, because this environment is the one that we live in and one of your ways of showing that care is to help create it as a temple and that you'll take that on."

He'll say, "Got it."

I'll say, "And I recognize that you're not in the kitchen very often and it isn't your natural way of being to tend to this space. That takes a lot of extra attention for you because it's not where your mind goes, but it would mean the world to me if you were creating a little bit of attentiveness to the space and giving me a gift of showing that you do see this space as a temple, as our place of living."

Then he would say, "OK." Then he would give me the experience like something as little as taking out the trash and would agree to it and say, "I can do that. I do want to do that for you. You do so much around the house. It's the only thing I ask." There's some perfection. "You don't ask very much of me. This is one way that I can do that for you and I do want to do that. I

actually want more consciousness around my environment. I notice I don't have a lot of consciousness." Boom. Two minutes.

(B) There's an even lighter version than that. It's true that it can be that and there's an even lighter version. Do you want the lightest version?

Here's the lightest version. If you have done this process a number of times and you start to get an intuition for the general direction that the future vision that she sees for you or that he sees for you is, then it goes like this.

She says, "God damn it, Bryan. Why didn't you blah, blah, blah?" I say, "Oh, you know what that is?" In my mind I say, "That's her future vision for me of being this integrity man. I got this." I just turn to her and say, "I got this," and we're done. Conflict resolved. That's the fast version.

(J) This is a good one. We often will take the complaint our partner is giving us and do this in our own mind, in our head, and go, "His complaint, actually what they see is a future version of me that's doing this and I see the only reason they're complaining is because of this and I'm willing to actually be that man." We just do it all. So in the complaint it's all happening underneath.

You don't actually need the process after a while because you'll hear every complaint as a request to be a future vision that you can see that's underneath the complaint and you actually see that your partner loves you and has way more love and care and is more devoted to you and his intention is purer than anything else.

So all of this happens for us all day long. This is just when it happens when we need it to be more explicit.

(B) A little sideways complaint that has no defense that it meets isn't a conflict. It's just like a blip. Or a little defensiveness that has no complaint associated. It's not a conflict.

I just interpret Jennifer through this stream and vice versa and we've done it enough times. Sometimes we have a conflict like the one we had, in which case it's worth it to sit down, but we do this four times a year, six times a year, seven times a year. That's it. The rest of the time it's like, "I know that she's low vibration right now and cranky and tired and angry and all that stuff, but I also know she totally gets my contribution to her. She sees me as epic and I can see who she wants me to become and I want to become him, so how would he handle the situation right now? Let me try some stuff on and try to make another step along the path towards becoming him."

(J) All of that is happening all in your own mind in seconds without even needing the process. I now listen to his complaints through the lens already and I do all the translating myself. I also watch his defense and it calls me into wanting to give him the present perfection that might be missing without all of that long process.

(B) Then the complaining becomes less, the defense is less and just more and more we're naturally speaking the language of future vision and present perfection.

Don't confuse this process with our content. The 'I got this' was her vision for me specifically. It's not even for all men or for the masculine. The process

doesn't need this. I just want to say that first. The process doesn't need 'I got this.' That's my particular one.

(J) That's where we came to with our particular conflict and you might come to that same one, but it isn't the universal answer. Not all conflict is I got this, where that's the antidote.

What would be the feminine version of I got this? The 3 sexiest words a woman can say to a man...It's 'I trust you.'

You can look into a man's eye and say, "I trust you." Do you feel that men? I trust you. You just want to melt in her arms. For a woman it's not I trust you. It's I got this. That would be the counterpart.