



Rewrite Your Relationship DNA & Embody Your Ideal Love Story



MODULE 3 WORKBOOK

Rewriting Your Patterns &
Breaking Repetitive Habits

AUTHORED BY:
BRYAN FRANKLIN & JENNIFER RUSSELL

*“The shadow is not a problem to be solved
or an enemy to be conquered,
but a fertile field to be cultivated.*

*When we dig our hands into its rich soil,
we will discover the potent seeds
of the people we most desire to be.”*

- Debbie Ford

LESSON 1:

WHY WE DO WHAT WE KNOW IS BAD FOR OUR RELATIONSHIPS

UNDERSTANDING YOUR PATTERNS

Your habits are always automatically creating who you are - which is why it's so important to take stock of which ones really serve you, and which ones are working against you - many you've been able to change...and then some you haven't.

Even though you've been successful, there are certain things you still do over and over again that detract from the life experience you're working so hard to create. What gives your hidden relationship patterns so much power over you is the fact that they are hidden. If you fall into them, then you haven't seen them in their full light. In this lesson, we will be revealing and rewriting your most persistent relationship patterns.

Get a new, broader context for love, sex, intimacy as you look at your specific relationship patterns and the 5 layers that create them.

REFLECTION QUESTION:

Pick a persistent pattern that you'd like to use this course to help you rewrite now? Describe it.

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

LESSONS 2-6:

PATTERN MAP: THE 5 LAYERS OF A PATTERN

THE 5 LAYERS OF A PATTERN

EXPRESSION	REACTIVE <i>(Anger/Outward/Other)</i>	REPRESSIVE <i>(Sad/Inward/Self)</i>	
BEHAVIOR	Self Sabotage & Self Abandoning	Complaint & Defense	Projection & Prejudice
MECHANISM	Control & Rebellion	Superior & Inferior	Anxious & Avoidant
CORE BELIEF	Conditional Worthiness <i>(I am not enough)</i>	Victim-Perpetrator <i>(I'm not the author of my life)</i>	Dis-Regulation <i>(I am not safe)</i>
ROOT	F E A R		

REFLECTION QUESTIONS:

Do you think you are more often Repressive or Reactive? What's an example of something you do that fits one of these descriptions?

To complete lesson 2, share your answer [here](#)

Which behavior is the one you see with this persistent pattern ? What are the things you tell yourself to explain to yourself why you do these behaviors?

To complete lesson 3, share your answer [here](#)

Which of these energy patterns are you most likely to operate from with your pattern? What is an example of something you do that fits one of these energy pattern?

To complete lesson 4, share your answer [here](#)

Which one of these beliefs is most commonly at work when you feel challenged with this pattern? What would it be like if you realized this belief wasn't true?

To complete lesson 5, share your answer [here](#)

LESSONS 7: IT ALL COMES DOWN TO THIS

In this module we will help you construct, step-by-step, all the building blocks to a pattern-free relationship. With these building blocks in place, you will be able to handle almost any situation with grace and ease, and your partner will show up as the most trustable and loving version of themselves.

Most of our bad habits and behaviors are unconscious patterned reactions that are attempting to handle being under stress. Most of these patterns are a result of negative beliefs and definitions that we mistakenly believe are true.

Let's take a closer look at the 3 beliefs that are at the core of most of our bad habits and behaviors. Take a look at the pattern you'd like to rewrite and see which of these 3 categories of beliefs is at the core of your pattern.

- **A Fear of Conditional Worthiness**

"I am not enough",

"I suck", "My partner sucks", "Life sucks!",

"I can't follow my dreams until I am/I have _____",

"He/She'll love me when _____", "I'll love him/her when _____",

"If only I was _____, then I could _____",

"When they _____, then I'll _____", "When I _____, then my partner will _____"

- **A Fear of Being a Victim or Perpetrator**

"I am not the author (creator) of my life ." (victim of circumstance),

"I can't help what's happening now.", "It's out of my control"

"I have little / no influence on _____. There's nothing I can do about _____"

"I had a bad upbringing / childhood / parents which is why I can't ____"
"I've been wronged", "He/She/They are to blame...not me"
"He/She has always been like this...I can't help their behavior."
"I've always been like this...I can't help my behavior."
"Anyone who went through ____ would react this way."

- **A Fear of Being Unsafe (Dysregulation)**

"The world is an unsafe place"
"People are unsafe", "Men aren't safe"; "Women aren't safe"
"The world is out to get me", "People are out to get me."
"They want me to fail", "I know he/she will fail"
"I'm afraid I won't get my needs met"
"I think they will hurt me, just like all those others have done in the past."
"I can't trust anyone/my partner.", "I can't trust men", "I can't trust women",
"I'm waiting for the other shoe to drop,",
"I know it will end badly...it always does."

To unwind your patterns you need to:

1. First, Identify the pattern.
2. Second, disbelieve the why (core belief).
3. Third, choose something more compelling.

REFLECTION QUESTION:

Putting it all together, how would you now describe your most persistent pattern?

To complete lesson 7, share your answer [here](#)

LESSONS 8:

HOW TO MAKE GOOD HABITS STICK

REWRITING YOUR PATTERNS WITH LOVE AS THE ROOT

To build healthy beliefs and behaviors from the ground up, use this roadmap for love-based relating that is free of fear. When you are rooted in love vs fear, you become 'present' instead of 'patterned' and the layers look like this:

EXPRESSION	AGENCY <i>Healthy Relationship w/ Self</i> Internal Reference		COMMUNION <i>Healthy Relationships w/Others</i> External Focus
BEHAVIOR	Self Esteem & Self Love	Truth & Harmony	Appreciation & Respect
MECHANISM	Freedom & Devotion	Dignity & Humility	Secure Attachment
CORE BELIEF	Unconditional Worthiness <i>(I am worthy)</i>	Authorship <i>(I am the author/ creator of my life)</i>	Regulation <i>(I am safe, the world is safe)</i>
ROOT	LOVE		

REFLECTION QUESTION:

What does the new belief become in your pattern as you are rooted in love versus fear? What are the ways you can already see that that belief is true?

To complete lesson 8, share your answer [here](#)

LESSONS 9:

KNOWING YOURSELF (+YOUR PARTNER) COMPLETELY

REWRITING YOUR PATTERN EXERCISE

Our purpose in Evolving Love is to help you rewrite your relationship DNA in a way that raises you up and out of the pattern completely in a quantum leap so that the quality of the beliefs you are holding and the conversations you are in has this pattern not show up as part of the dialogue anymore.

When you are rooted in love vs. fear, you become present instead of patterned and the layers look like this:

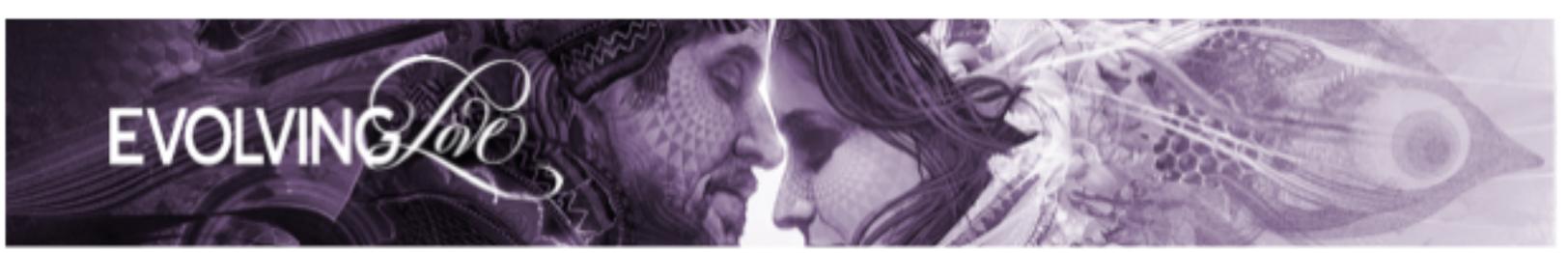
1. Pick one persistent pattern that you'd like to rewrite. Name it here.
2. Identify the shape that pattern takes through each of the 5 layers using the 5 layers diagram on page 4 above.
 - o Starting at the top layer you'll identify it's specific expression (reactive or repressive).
 - o Next begin drawing a line from the expression to the specific behavior layer that corresponds to this pattern.
 - o Next you'll draw a line from the behavior to the specific mechanism.

- Draw a line from the mechanism to the specific core belief of this pattern
- End by drawing a line from the belief into the root which for any pattern based behavior is fear. The line created by this specific pattern will form a snake-like shape.

3. Then start this sentence: *“I used to think what was bothering me was...
(fill in your **original** story)*

4. Then finish continue with this: *“Now I realize that what was really going on was my own pattern of:*

Example: *I used to get frustrated and angry that people were always letting me down . Now I realize that what was really going on was my pattern of reactive complaint. The reason I was complaining is my pattern of pretending to be superior or inferior because I was rooted in a fear that I wasn't really worthy.*



EVOLVING *Love*

EVOLVING LOVE TRANSCRIPTS:

Lesson 1 – Lesson 10

LESSON 1-Why We Do What We Know Is Bad For The Relationship?

(B) One of the promises was that you'd get a chance to really rewrite or resolve a permanent pattern that you have in relationship. To do that, I thought we'd start by talking about what a pattern is.

When we say a relationship pattern, how does that live for you? What is a pattern? One of our great teachers says that the minute that you become conscious of the pattern it's no longer a pattern. It becomes a choice. I really like that. It's that unconscious element.

If it's random and new every time, wouldn't that be fun if we fucked up every interaction differently each time. That would be amazing.

(J) One of the books that you saw as you walked in, if you looked, was Stephen Kessler. He wrote a book called "The Five Personality Patterns." This book is a seminal work that distinguishes presence from pattern.

When you're present, you're not in a habituated, fixed pattern. You actually have free choice. When you're not present, you actually coalesce around these patternistic that have less free choice, where your attention is arrested in one dimension or another.

Part of the definition of pattern is what creates your personality and this personality is created when you have a fixed way of being that isn't at total free choice.

If you want to dive into some of this work, we're going to go into it here with some of our own process, but I highly, highly recommend diving into his five personality patterns and you'll see which one fits you in this. There are some really amazing exercises that have you understand what does it look like to have each other's patterns and what are the gifts of each pattern and how do you exit that pattern.

(B) You're going along in life and everything is fine and you're totally present and things are great or they're OK or they're mildly upsetting, but it's all good. You're totally present and with it. Then something happens and you get afraid that there's too much sensation or too much energy in your body and you get afraid that you can't handle it.

As the sensation is rising in your body and you get afraid that you can't handle it – it's like if you're lifting weights and you get afraid that you can't do the next rep, you drop the weight. You get afraid. I can't handle this sensation that's happening into me. Then you have some kind of strategy for managing the energy or sensation in your body that you've learned how to do for handling it when it's too much.

That strategy is what we would call your pattern and it has all of the qualities that you mentioned. It's a fixed way of being versus actually responding to the moment. It's something that's unconscious. You're not like, "Of all the ways of handling this, I think avoiding and lying would be the best, so I choose that one." It's totally happening even before we realize we've even done it. Oh shit, that was that thing and it's repeated. It has all the qualities that you mentioned.

But we're going to take the pattern definition even one step further into layers and we're going to describe a number of layers, five different layers, and then your pattern will be a grab bag of one or more, usually one favorite, from each layer. It's like a menu. Take some from column A and some from column B and you make your prefix pattern and then you can see it has a shape, which will look like a snake, which will remind you of what it feels like.

That snake is your go-to strategy for managing energy when it's too much. The lie is that the thing is too much sensation or too much energy. As my good friend Adam Gordon said, "You can handle absolutely everything in life including your own death. You can totally handle that and will."

You can handle this energy, but we pretend that we can't and then we do this pattern.

(J) One of the reasons we added this piece is we realized as we've been working with singles and couples for years now, is that we're often the worst at identifying or eliciting our pattern because the degree to which we come up with a pattern is more on the top layer. Remember when I said there's a top layer of truth, like the anger or the defense or the complaint.

So we state our pattern in the highest layer, which has the least explanatory power and doesn't give you access to how to unwind it. We explain our pattern like, "My partner is avoidant or I'm anxious or I over give." So some of these actually already elicited some of the patterns.

Now that might be the top layer, but what we want to take you down into with your pattern is what is actually the core mechanism and belief structure that's actually eliciting that pattern to begin with because if we can heal it at

its core, then you're going to be able to transcend and permanently resolve that pattern.

We want to take a look at this. We call this a pattern elicitation process. What I found when I tried this one, because we always play with our own content, which is fun, is that all of the different patterns that I thought were different, they all had a very similar shape when we went through these five layers. I was like, "That pattern is just these same five things."

Just notice if that's true for yourself. You might have more than one pattern, but just watch for that because you'll find that you'll be gravitating into one of these.

LESSON 2 - Layer 1 Innies & Outies (Repressive & Reactive Patterns)

(J) Let's start at the top and the top is the expression. We've been really influenced by Gene Keys, Richard Rudd. I consider this to be my spiritual bible. It's basically a book that paints the blueprint for humanity's evolution from a fully shadowed human in our most compressed state and dense state into our gift state and into what I would call hypersapien. 64 ways of being that are in an oppositic level.

But in this book he talks about these expressions. When you are in your pattern, you tend to be either reactive or repressive. When you think about your interactions at a very core level, when you dive down body to cell to molecule to atom to cork, we're all just a soup of vibrating energy. That energy has a quality and in a reactive type the quality is energy outward.

If you're a reactive, you get angry or you blame. It's about the other person. You want the other person to change. If you're repressive, you tend to go inward. You self sabotage. You make yourself self wrong. You get sad or depressed.

If you tend to make it about you and make yourself less than and kind of down and in, that's the repressive type. Blame, judgment, control, anger, rage, depression, self sabotage, making yourself small. These are the more repressive types.

We all do both, but you'll probably feel this is one of your more go tos when you're in your triggered state. How many of you, given that you may do both,

you're more on the reactive side of the scale just to see who are the reactives in the room?

(B) You direct your excess energy outward to other people.

(J) You really want other people to change. How many of you feel like it's more repressive, like you actually turn inward, so it's more of a downward kind of sad energy?

(B) Most of us think we're one or the other and then we meet the real one. Oh, so that's reactive. OK. Now I'm repressive.

(J) That's the top layer. As we go down these layers, what we want you to notice is that it requires more and more self awareness. The camera can see your expression, so it's visible to the outside world and as we go down, they're going to be less and less visible to you and require more and more self awareness.

(B) Which of these two is more damaging to our relationships?...The one that our partner does. Repressives really think like, "Wow. We're so good at just keeping the peace or not causing all of these problems." Reactives are like, "God, we're so good at making sure all of the issues are on the table. There's honesty and truth in our relationship."

LESSON 3 - Layer 2 Unhealthy Behaviors That We Can Stop

(J) Behaviors. There's three main buckets that your behaviors tend to coalesce inside and they may have slightly different personalities, but you'll notice, if you look at these, almost every pattern that we can come up with we can actually put into these three categories.

#1 Projection and prejudice. Again, looking at this inner activity as an energy diagram, projection is where you're in the middle and it's not about you. It's about them. You are projecting your shadow or what you're able to integrate and identify as self onto other. The arrow of energy is actually going outward.

These can go together, but they don't always. You can actually be a repressive and still project. You can be reactive and project and we'll give you some examples of that in a minute.

(B) Projection is just you are making in a conclusion that the outside world is the perpetrator of your own blind spots. You can do that as, "Oh wow. I'm so sad because no one loves me because they don't ever express their needs."

#2 Self sabotage. (J) On the other side is self sabotage and destructive behavior. Things like addiction. Things like you get angry or hurt, you're reactive, and you have self sabotage, you might throw the china or break things or lie and cheat on your partner. That's self sabotaging behavior. This is where the arrows are going inward.

(B) All sabotage is self sabotage because you're sabotaging the relationship, which is the source of love and nutrients for you. Cheating is a way of creating a landmine that one of you is going to step on in the future, that blows up the relationship and then you've lost the thing that you love.

(J) Again, you're saying projection. You project on the world that which you cannot hold inside. You think it's all about the world. When we talked about the over givers and when you have the hidden symmetry and you're unable to see your part because you're projecting the very thing that you're unwilling to see in yourself and that often occurs in relationship. With self sabotage you're literally running away from the relationship right when it gets good. Sometimes avoidance will sabotage a relationship by running away the moment when the intimacy is coming. That would be an example of a sabotaging behavior because you actually do want the love, but you're getting in your own way.

#3 Complaint and defense. My personal favorite, the one in the middle, is complaint and defense. This is where you're actually interacting with your partner and they're complaining and you're defending or you're complaining and they're defending, but this is that game of complaint and defense. When you look at your pattern, you'll notice that it's either you complaining about them, something they need to do different, or you're defending against something that you feel made wrong for. That complaint and defense has got two arrows, so you're each chasing each other down. Complaint and defense. So this is self and this is other.

(B) Just to make a couple of distinctions. The projection and prejudice, for example, has that complaint quality to it, but it's not the behavior of engaging in, complaining to your partner and then having the partner going, "What are

you talking about? You're overreacting." "No, I'm not. You did this thing that's bad." That dance is the complaint and defense dance.

Whereas projection might be where you go and complain to a third party, "Oh, my partner is bad because he's a man and all men are bad." Typical.

(J) These kinds of generalizations you make about people that are literally just a prejudice where you're judging the other group without personal interaction. That is a projection of a negative quality on another human being without it being connected to reality, so there's a projection occurring.

(B) Or, "I had to cut her loose. She was another one with those anger problems." Meanwhile, I'm the one with the anger problem. That's over here because you're not actually engaging. You're using usually third parties to disperse the energy that's over here.

If you do a lot of self sabotage behavior, then when you come home there's probably going to be complaining and defending, but it's actually not this that's at the root of it. It's this. In my first marriage I was doing a lot of sabotage and she would definitely complain when she found out that I had gambled and lied about it. She was complaining about that, but it wasn't the complaint and the defense that was the primary pattern. It was this one.

Self sabotage and feeling guilty is a repressive expression of sabotaging behavior.

(J) If you are blaming them for it, then that would be reactive.

(B) Then that's the reactive expression.

(J) But guilt is very expressive.

(B) “See what you made me do.” That meme is a sabotage and reactive.

LESSON 4 - Who's Pulling The Strings

(B) If you see your expression and you see the behavior that's being expressed in that way, what's underneath that behavior is what we would call a mechanism. We're distinguishing mechanism because underneath behavior are a set of beliefs, but we've noticed there are core beliefs and then there's beliefs on top of beliefs and then there's networks of beliefs on top of beliefs, so we're distinguishing the mechanism as the kind of beliefs that work together to create this kind of behavior.

There are lots and lots of mechanisms, but we've chose three that we think cover most of the universe. The first should be familiar. It's anxious and avoidant. You can use the anxious and avoidant mechanism to create some of complaint and defense in a reactive way and then your pattern would start to look like that.

Another mechanism is superior and inferior. If you're always in a fight in your relationships about who loves who more, you're probably running this actually. Who's better at whatever. Who's more advanced. Who's more intelligent.

(J) Feeling less than your partner because they're farther along in certain levels. Sometimes I'll call this dynamic, when I'm trying to be poetic, the lover beloved. There's the beloved that's on the pedestal way up high and they love being up there and yet it's very lonely up there. Even though you feel like you're being adored and although it may have a little draw for a little while, it gets old quickly.

We don't actually want to be on a pedestal separated from our partner. We actually want partnership where we need each other.

Then there's the lover that's the supplicant looking up at the beloved on the pedestal feeling less than, feeling inferior. "I can't possibly deserve the goddess in front of me." That pedestal creates separation and after a while the supplicant is like, "Wait a minute. I don't want to believe this story of my smallness." Eventually you outgrow that story, but this inferior/superior dynamic where you never actually quite meet. Every partner is either not good enough for you. Many women have this one. "Oh, they can't meet me." There's a lot here. I'm smart. I'm hot. I'm this. I'm that. I just can't find a man that can meet me on all of those levels all at once. Where are all the good men out there?

(B) There are women that could meet me in some of those areas, so I guess I have to be poly so I can have other women that meet the other ones. Maybe that's the solution. No one person can meet all of your needs. There is one person that can meet all of your needs, which is you.

(J) The other side of it might be when I get in a relationship I lose myself. I stop doing all of the things that I love. I stop seeing all of my friends. I stop being the woman or man that I was before we met. I just want to give everything to him or her and as I'm doing that, I notice that I'm stopping caring for my own needs and my desires. This is an inferiority pattern.

That one is really common. I've definitely done that one where I wanted to give everything and I thought I was being the most amazing woman on the planet because I was just giving everything to him and yet I was betraying myself the whole way being inferior and therefore it's fairly unattractive to

show up to a relationship completely in inferiority even if you think that it's your gift that you're giving.

You're not realizing you're taking your greatness and keeping it out of the relationship by selling the story that you're inferior. That's how that dynamic can show up.

(B) The tension for anxious and avoidant is too far away for the anxious. Too close for the avoidant, so the tension goes this way. The tension for superior/inferior is vertical. They're better than me. Now I'm better. There's too much distance, I can't be with them. There's not enough distance. I have to improve myself. It has a very similar thing, but it's not this way. It's this way.

Then there's control and rebellion which has more like this quality. You're boxing me in. I've got to penetrate out. I'm free. Wait. Free is scary. I've got to control my surroundings. Wait. Now I'm boxing you in. You've got to penetrate out. It's this boxing.

(J) Often in this one you're afraid of the environment, so you need to exert control in order to not be afraid.

(B) You'll notice that each of the mechanisms have two sides of the same coin: control/rebellion, anxious/avoidance, superior/inferior and we tend to identify as one in a situation or sometimes as one permanently, but you can't have one without the other and we are generating both always.

One of the things that stabilizes this mechanism is that we keep the opposite in the shadow. He was saying that he was realizing that his attraction to avoidant women was actually his way of avoiding. It's this subcontracting.

(J) Hiring our partner to mirror that back to us because we're not willing to identify that as us.

(B) This amazing love guru, Annie Lalla, says that you can tell a partner's sexual self esteem by the self esteem of their partner. Someone who is dating someone who is in real trouble and has low self esteem, it's that they have that sexual self esteem and so that's matched.

So a real superior partner that thinks their partner is inferior is subcontracting their inferiority. Like I'm the kind of person who deserves to be with, that kind of thing, and vice versa. So you're always subcontracting the other and the root of both is inside you and since you pretend it's not, that's what allows the mechanism to work. The minute you own both, the mechanism can no longer create the behavior.

So make sure and keep pretending that you're not one of these, otherwise the whole thing won't work.

LESSON 5 - Freedom From The Victim Story

(B) What's driving the mechanism is a core belief and I've got to tell you we were a little bit in conflict about whether to call it a core belief because just the label indicates that it's somehow your essence and that you have to go down and inward to find this core belief that's at your heart, but that's actually not where it lives. It lives up and away from you in a way. It's more like a filter outside of you that you filter stuff through and it has nothing to do with your essence.

Your essence is present and beautiful and infinite and awesome. There's nothing wrong or broken inside. All the beliefs that need to be fixed or like these shells or filters that are outside of us that are pushed away.

If you're looking for them, they're out here. If I say core belief, people kind of understand how it has this sourcing power, sourcing mechanism.

The first is conditional worthiness. That you are worthy if you work hard enough or if you succeed or if you're pretty enough or tall enough or thin enough or humble enough.

(J) There's an epidemic, especially as a woman doing woman's work. There's this epidemic of not enoughness. I can't tell you how many conversations I have with women where this is the core belief. In some capacity they are not enough for their business, their career, their sexiness is not enough. Their money making ability is not enough. Their beauty is not enough.

We live in this epidemic of we are not enough and we act as if that's the truth and then walk through the world with that core belief creating all of the

patterns above. We're not realizing that we are literally an aspect of creation itself and creation is knowing itself through having the Jennifer experience. This is one of the core ones.

How many of us have said to ourselves in some form or fashion I'm not enough of something?

(B) This is also a scarcity of love. Scarcity just means that you believe that it's in limited supply, it's in danger of running out and therefore you have to do something in order to secure your bits. If you have that, then you think you're only worthy unless.

(J) Your worthiness is conditioned upon a certain behavior, certain way of being, being thin enough, making this much money. There's a condition that you have to fulfill in order to feel worthy.

(B) In order for this to make its way to behavior, it needs a mechanism. Once it has a mechanism, it expresses itself in this kind of behavior in one of these two expressions and that becomes your pattern.

(J) We're eliciting it from the top down because the most visible layers are on top and as you go down, it requires more and more self awareness to even be aware that these are the layers that are actually sourcing what's above, but you can see your behavior. You can see your expression. You often don't see your core belief.

(B) This regulation just means unregulated nervous system. It's jittery and it needs something in order to be OK and generally what you think it needs is outside of yourself. I need a hug. I need you to be a certain way. I need you

to do this. I need these things otherwise my nervous systems isn't settled. It comes from a scarcity of safety.

(J) I am not safe is the core belief. I'm not safe. The world's not safe. People aren't safe. Women aren't safe. Men aren't safe.

This is someone walking around with a dysregulated nervous system thinking that the world is out to get them and they really believe that. Safety exists on all of the levels. You can have insufficient safety in physical, emotional, mental and spiritual. So you can feel unsafe. Safe in physical, but unsafe emotionally.

(B) The last one is just the belief that there's such a thing as victims and perpetrators in the world. It's not fair. They did this to me. If you don't feel like you belong, creating a story that there's perpetrators out there and that we're victims creates an artificial belonging.

Have you ever felt like a group of people who were victimized by the same thing – take it this way. You're waiting for the bus and it's a bunch of strangers and you feel no belonging with these strangers. They're dressed funny. They're all over the map socially and economically. You don't like these people. You don't have any connection with them.

Then the bus is 10 minutes late. Then it's 20 minutes late. Then it's a half-an-hour late. You're all there. Suddenly you are this bonded tribe that have been wronged by the MTA because you're all victims of the perpetrator of whatever system or bus driver.

You bond together and this victim/perpetrator story has created an artificial connection between you. If you feel a scarcity of belonging, you reach for

these stories in order to feel bonded rather than actually bonding with the people. It can be any of them.

(J) Or control and rebellion. You could be rebelling against them like down with the system, down with these buses.

(B) My dad was a controller and was victimized by my mom's rebellion in his mind. So victim/perpetrator, but he identified as the victim who was in control because he was just trying to have some order and the rebels were fucking everything up and breaking shit. It can express in any way, but it's fundamentally one of these.

This is a super seductive one and one that I've recently taken on actually to take a much deeper cut at. I just realized the number of ways that I bond with Jennifer and bond with friends and bond even with clients in a coaching setting by buying into that they're being wronged somehow and I'm going to help them be right. I'll play the hero with them. If I have a negative feeling, I feel like I can't just have a negative feeling. I have to have a justification for the negative feeling and so in order to communicate my feeling to you, I'm going to tell you a story where there's a bad guy that did a bad thing to me, so that you can feel the same feeling that I'm feeling.

So I'm determined that the life I want to live is really truly disbelieves this myth, where there are no perpetrators and there are no victims period.

(J) What I would add to that is to believe in that story you have to not realize that you are the author of your life. That you actually are creating everything that you're seeing in your life. So someone that is in the victim/perpetrator is

a victim of their circumstance. Life is happening to me. I am an effect of this life that is coming at me.

One of my favorite spiritual teachers, his name is Bashar, always says – and it's been said in many, many ways by many spiritual teachers, but he says that you are the universe that you formerly thought you were inside of. You are the universe you formerly thought you were inside of.

So rather than the very structure of reality being you're inside of this thing called planet earth and universe and things are happening to you and you're reacting and responding, the universe is sourced from your consciousness and is a perfect fidelity reflection of your consciousness.

Everything you're seeing, including the state of the world, is a reflection of where you are on your evolutionary journey. It's all a mirror. You don't look into the mirror that's frowning and tell the mirror to smile. You realize that you have to smile here in order for the mirror to smile.

LESSON 6 - It All Comes Down To This

(B) You have to choose among all of the options at the base level, which you think is the cause. The existence of fear manifests itself as a belief set, which then has the mechanism, which turns into behavior, which expresses itself in a particular way, and you have the map, which is the one that's most comfortable to you, that you get good at.

Living life this way, it means you're going to have to do a lot of repair work all the time. If you're a saboteur that's reactive, you better get good at apology or else you're going to be very lonely. You have to build these skills, these compensatory repair skills, and those skills become your personality, the things that you think you offer as gifts.

You have this pattern and you get good at the pattern. To execute anyone of these patterns and not be a total fucktard, you have to create some skills, some compensatory skills. You have to practice those skills and get good at them.

Those compensatory skills become the aspect of your personality that you then offer like a gift to relationship

LESSON 7 - Unwinding Your Pattern (You Can Do It!)

(J) We fundamentally believe. One of the biggest things, what are we up to in evolving love, is to end the victim/perpetrator story and some of these three core beliefs because if we can do that, then just imagine how that will unwind all of the patterns above.

You can't hold onto the patterns above if you realize you are the author, that you belong. You can't create any of these patterns above if you believe that the world is inherently safe because it is in your head. You are creating it. It is just with fidelity creating whatever you choose. It is thought reactive on a very literal level.

You don't create these patterns when you actually get those core beliefs, so this is the way to permanently unwind them. When you realize that you are creation yourself and therefore, your existence is all you need to know that you're worthy, that existence would be incomplete literally without you. When you realize that you can't create the patterns of love.

So what we are about here today is unwinding, rewiring these three core beliefs for you that lead to all of your patterns above.

(B) What does unwinding a pattern actually look like? What it looks like to unwind the pattern is to realize in that moment when she's threatening the relationship and you start to catastrophize. You have to realize that you have a fear that's running that you don't belong and that you're reaching for belonging to the group of victims who are victimized by women who threaten relationships and that you're choosing belonging to that group over the relationship in that moment.

It's the cutting edge of 13.8 billion years of evolution. This is where we're at. It's so rare to be able to see this far down, to really see it at work. As a culture, we rarely even are aware of this level. This constitutes a breakthrough and an insight on Dr. Phil.

This is where we actually depart from a lot of therapy.

(J) We have a different purpose. I feel like fundamentally therapy – I don't mean this as diminutive as it might come out, but what I mean is therapy is how do we help you cope with your existing circumstance so you can realize the good outweighs the bad and how do we help you do that better. How do we help you handle your life better?

(B) How do we help you deeply understand the intricacies of each one of these things so that you really get how it plays out and can correctly label it all and map it all out?

(J) Our purpose is literally to raise you up and out of that evolution narrowly to actually create a quantum leap so that the quality of the conversations you're in and the beliefs you're holding, it really makes all of that not even worthwhile, like not even part of the dialogue anymore.

We like to raise you into a higher level of conversation so that we're not just circling the drain of why and let's go into what your mother did when you were a child and what your dad did and why this thing happened and why that thing happened. Let's just give you an understanding and make the good outweigh the bad and give you tools to handle your life.

We actually want you to raise up and out where handling your life is the baseline underneath at the basement and above that is a true transcendence into I am worthy. I am safe. I am the author and creator of my life. That's not the conversation your therapist is going to be in.

The conversation your therapist is going to be in is let's figure out why you're in pain. Even change is let's shift form. Transcendence is let's let go of the existing identity and form a brand new one.

We don't mean in conflict with your therapist. We just mean to give you a framework that can lift you out of the pain and suffering, not help you handle it better.

(B) The steps of breaking a pattern differ from the therapeutic model quite a bit and our minds are so thirsty. If we see something like this, we start to identify and then we want to understand more about it and more about and more about it.

In a dream where every room you go into get populated with detail, your mind is the same way. So everything you investigate will yield more and more insight and detail and reflection, but that isn't actually how you break the pattern. That's just how you understand it.

To break the pattern, step one is you ID it. You identify what your snake looks like.

(J) Meaning each of those layers, pick a pattern. You're going to pick one that is recurring in your life and you're going to see is it reactive or repressive. Is it self sabotage, complaint and defense or is it projection/prejudice and then go down and down.

(B) We all have all of these capacities, but we have preferences. Number two is that you create a new why. If you think about what's something that happened in a relationship that was really triggering. I'm not going to ask you to answer, but if I ask the question why did that happen, you have a whole explanation. Most of us, 80% or so of the why, rests on the shoulder of who. Why? Because they didn't and his mother didn't.

(J) Or you're not enoughness. I'm a failure.

(B) First you identify the pattern. The second you go, "Oh, the real reason for that thing that I hated so much is because I was doing this. That's the real reason." So the real reason for my reactive complaint was actually that I was running an anxious avoidant mechanism based on my conditional worthiness because I'm afraid that there's a scarcity of love. That's actually the why.

All the other why that I was going for is completely a façade. It's total fantasy and not real.

The actual real why is this one.

1. Identify.
2. Disbelieve the why.
3. Choose something more compelling.

This is where we really diverge from therapy because step three isn't to really understand the intricacies of how it's all working. Step three is literally you just change tracks. You get on a different train that is more compelling to you, that's more important to you, that's more real for you than the pattern.

In the afternoon we'll be constructing what this is and developing what that is for you, but this is how you break a pattern. You identify it. You readjust the cause/effect in your mind.

(J) You tie it to a greater purpose so that it's got leverage with you, so that it really actually has way more importance than the complaint has.

(B) Not your partners. All that is just projection of fantasy. Yes, you do have to be vulnerable with the things that you want and be willing to choose them in order to do it, but it turns out when you are honest about what you want, it's easier to do. The only time that's hard is when we pretend to want things that we think we should want because they're going to somehow mean something about us because we have conditional worthiness.

(J) Then when you choose something more compelling, you change the choice point from something you want to do, something you wish you were doing, something you should do. How many of you have said, "I should be this way. I should change"? This is not what creates change. What creates change is I must. This is something I must do because it's so compelling. It's so who you want to be. He so wants to be an incredible partner with me.

That's so much more compelling than complaining if I took too long to get ready, but when he realizes that it's something – and this is at an identity level for him. He is identified as a man who is a good, solid partner and collaborator. That is so much more important to him. It's not a I should. It's a I must. I must be a good collaborator in the work that we do in the world. We can't even teach love unless we're good collaborators and really living this work.

That's going to unwind the belief and the pattern that is getting in the way of him being that or me being that for that matter. So we have to create this as a more compelling must, not want to, not should, but must.

(B) Part of why we get off the train, part of the why we don't advocate the more therapeutic model of understanding and resolving, but we advocate just choosing something we care about more is because I've noticed that when you have conditional worthiness and from a conditional worthiness point of view you try and collect evidence that you're worthy. How much evidence does it take? When does the victim get vindicated? When does the perpetrator get away with it?

From the perpetrator's point of view, never. From the victim's point of view, always. When can you find that external thing that will finally regulate your nervous system and relax you and it's fully satisfying. Satisfaction doesn't exist in the model. It's not its job. It's job is to be unsatisfied.

I think there's a lot of wonderful use for therapy, including transmitting what I might call professional love, because there are parts of us that haven't been loved and to have those places be revealed and loved by a skilled hand is just incredibly healing.

(J) It's one level. Therapy gives you one thing that you might be aching for, which is to be seen and understand, but for us in an evolutionary partnership, that's only one lower level and there are many, many, many to build above just like we understand each other. To us that's still baseline. That's not even evolutionary yet.

We're just trying to show you what can it be not only to just understand each other, but actually to unwind and become the transcendent citic state beings, the hyper

sapient that is actually our evolutionary birthright. How do we actually be that and that's the conversation we want us to be in together today.

How do we become that version of ourselves that isn't just getting right with our patterns and finding justification and understanding but doesn't need the pattern to begin with?

You all are here having had these patterns for how long? How long have you guys had the patterns that you're in here around? Now we're going to shorten the time to days and then hours and then minutes and then real time.

(B) Once your body trusts that step one is ew and step two is ah, then we're fine and you won't have the pattern anymore. You'll pick a new one. Fogginess is a form of sabotage. One way to sabotage the whole process is to say, "I don't understand."

(J) We're going to actually help you so that you at the end say, "Oh, I'm totally clear. That this particular pattern is this shape. Maybe I have another one that's this other shape," but we want to see what shapes tend to come out of you so that you have a clarity around this number one.

(B) The value of clarity, the value of knowing it's this one versus that one, is having a compelling enough story so that when you switch the why, that you really believe that this is why.

(J) They have a gravity well about them. I did three or four of my patterns and I was shocked to realize they're almost all the same shape and they were wildly different. If I told you the top layer, they don't sound the same, but the structure is the same. Adding more understanding and seeing is always positive. It always

adds to the system in the give/take. It's always adding innocence. It's a healthy expression.

(B) That moment where you really have a sincere intent, then understanding is sometimes all it takes.

(J) Where we get a little caught is the neediness of, "I'm just not seen. Why won't you see me? I just need to be seen." When you know you transcend into pattern, you have no requirement for anyone to see you or understand you.

That one doesn't happen to be mine, so I don't walk around going, "I wish you would just see me." I feel seen and understood and when I'm not, I think it's their misunderstanding. It has nothing to do with me.

(B) They're just inferior for not seeing you is really what's happening. If they were measured up, they'd see you right off.

(J) When you have a context of relating that is fundamentally about growth, then for us in our relationship with our aesthetic, sharing in these so that our partners can help guide us out of them is one of the most valuable things that you can do in relationship because I'm going to be the least capable of guiding my way out of this pattern because I'm the most in it and he may have a different one, so may have an easier way of helping me see my own because he's not also in it with me.

So do I want to reveal this to my partner? For me, absolutely because I trust him to help me and guide me and not to weaponize. You're doing that complaint thing. You could have a partner that weaponizes these. We're almost feeling like we're setting you out with a little bit of a mini weapon because you can type everybody. Here's your pattern and walk around patternizing everybody.

We just want you to be careful with that because we want you to do that in the realm of support and guidance rather than boxing people in and making them feel less than.

In my relationship, he's my spiritual teacher and I'm his, so I'm going to reveal and I trust him. That would be the kind of relationship I'd want you to have.

(B) Not to warn her, but it's like if I don't spot it right away, can you let me know so that I can do that faster.

LESSON 8 - How To Make Good Habits Stick

(J) What happens when we rewrite these patterns? At the root, **fear** would naturally become **love**.

If you are coming from love and you know that you have a right to love and be lovable, then instead of **conditional worthiness**, you have **unconditional worthiness**, which is I am worthy. Your self-esteem is inherent in who you are. It's not given to you because of how you were or what you are or what you're doing or not doing that you realize that you're worthy. It's unconditional. There's no condition that makes you anymore or any less worthy.

If that one becomes unconditional worthiness instead of conditional worthiness, then you become **authorship, which is I am the architect of my universe**. There is no one that victimizes me and no one that casts me as a perpetrator. I am the author authoring the entire story of the **victim and perpetrator**. So it's all my creation and it's just a reflection of what I am authoring, so I have the power to change it. That's authorship.

Dysregulation becomes the world is safe. It becomes self-regulation. You learn the skill of how do you manufacture your own safety regardless of circumstance that you can actually believe that humans are inherently good. They mean you well. That it's only a broken system and fear that would have them want anything but the best for you. That that is actually the nature of this world. That when you believe the world is safe, you end up having a life experience where you mostly feel safe walking through the world. Not that you might not ever experience the emotion fear, but you don't then create the belief that the entire world isn't safe because of an isolated fear.

Next **insecure attachment of anxious avoidance** becomes **secure attachment** in self-esteem. This one is self-explanatory. Rather than being afraid of love and needing to either cling to it because you're worried you won't have enough or avoid it because you're worrying that you'll get engulfed, then you realize that you can actually be secure and whole.

Rather than **superiority or inferiority**, you **see people's greatness** and your own. So you don't have it that one person is more superior or inferior. You just have a lens of seeing that everyone is capable of greatness. Everyone is an aspect of creation and you also include yourself in that and you through that lens love people into their greatness. You love people into the future visions they want to be.

The mechanism **control and rebellion** becomes **freedom and devotion**. So rather than being controlled, you feel free and liberated. Rather than feeling rebellion, like you have to rebel, you actually just feel free, so there's nothing to push against because you feel free. Rather than control you feel devotion. In your devotion you don't need to hold them back. You just feel that your connection, your bond is unassailable. So freedom and devotion, it replaces the other.

Then **self-esteem** and love replaces **self-sabotage**. Then you have self love. Rather than sabotaging yourself and not believing in yourself and destroying it, you actually have self-esteem and self love. You actually instead of complaint and defense, you get truth and harmony.

So your **complaints** rise not just to a complaint, but to a sharing of real **truth** in a way that isn't negative and tearing down. **Harmony** replaces the other,

which is this idea of **defensiveness**. Instead of that you actually create harmony all around you and that harmony allows for people to feel like they are loved, rather than feel like they are being put upon. So it creates a sense of peace in the relationship. So truth and harmony instead of complaint and defensiveness.

Instead of **projection and prejudice**, you replace that with **acceptance and respect**. Projection becomes acceptance and prejudice becomes respect. Imagine those same groups that you're not able to respect and having misogyny or bigotry or sexism or racism, that instead you're actually respecting even disparate views and rather than projecting on other people, you are accepting about yourself the very thing that you're projecting because the moment you accept it, you no longer need to project it on others. You can actually integrate the value of it. You can integrate the wisdom of it.

Lastly, your **reactives** become learn the healthy version of **agency**, which is a healthy relationship with self. They don't abandon themselves. They feel a strong sense of self that they don't lose in their relationships. They don't need to react and get angry in order to defend themselves.

The **repressives** that tend to go inward, they learn **communion**, which is a health relationship with others, where they're able to feel and take into account and consider other people and that they develop this skill. So rather than making themselves wrong in trying to protect the relationship, they realize that they can actually bolster the relationship with others through their very inclination to be in communion.

So these are the five layers of a pattern when you rewrite it and have it come from love at its basis. If you can look at that pattern through that lens and



EVOLVING *Love*

understand it and see where the snake is, what the shape it, then you can begin to unearth some of the underlying beliefs.

LESSON 9 - Knowing Yourself (And Your Partner) Completely

(B) What we want to do now is actually get into groups of three and go back to your snake, the pattern, and want you to share A) what you think your most common pattern is. What we want each of you to get to – you'll have about five to eight minutes per person to do this. I want you to pick a really specific occurrence that had your really triggered where when you walked in this morning you were really convinced that it was the other person that made you feel bad. They hurt you or they betrayed you or whatever it was.

The goal is that at the end of your five minutes you can get to the statement where you say, "I used to think that the reason I was triggered was that they did this, they did this, but now I realize the reason is," and then you walk through your pattern. The reason is that I have this behavior of sabotage repressively and the mechanism that drives that is really the control and rebellion mechanism based on my investment in the victim/perpetrator story because I'm afraid there's not enough belonging for me.

That's what you're aiming for. I used to think the reason was X, but now I understand the reason is Y. The reason that this particular event happened, that you got triggered. The reason why you broke up. The reason why he cheated.

(J) We primed the pump for many of you because you fill out a love profile where we ask you very explicitly what are the top three challenges that you tend to experience in your relationship. So it might be one of those that you've already said and you've even written what you normally say about why it is. That might be where you start with what you might have written in your love profile.

You don't need to. You can start fresh. You can feel it right here and right now and go, "Oh, this is the pattern and this is how I talk about it with my girlfriends when I'm trying to convince them that I'm the good one and he's the bad one." What do you say? What would you do to try and get me on your team, to be like, "Yeah, you're right. That is the way it is."

That's what we want to source. We want you to actually listen to what is that voice actually telling you. Don't clean it up too, too much to be the good workshop student. Really listen to what is it when it's really complaining or when it's really feeling victimized. What does it say to you? Write that down and then we're going to take you through and then we're going to look at what the pattern is all the way down to the core of fear. What is the particular face of fear that's at the core because then we want to help you unwind it if we can find that there's maybe one of these that's most at cause.

(B) There's a couple of ways you could do this exercise. One way is that you could pick a story that you're more committed to than you are committed to be happy and use that story to prove that this thing doesn't work. You could do that because ultimately this thing working depends on you deciding that the cause/effect actually is different than you've had it before, so pick something that you're willing to get off of. It does work for everything, if you're willing, and it only works for the stories that you're willing to disbelieve.

Another way you could do this is you could say all of the words and get a feeling around it, but not really believe it, and then go home and go, "Come to think of it, the real reason is that that guy is an asshole," or whatever it is. Be honest with where you're at and if you're not able today or in this exercise in five minutes to

totally disbelieve the story and get onto a new one, that's OK. Someone of you probably will and some of you might not and that's OK.

It's more important, I think, to be honest with how far you did get in your disbelieving story than to try and pretend you got farther. We've had things where four months later people text us and say, "Oh my God. I get it. It wasn't really that thing. It was really the pattern." Sometimes these things are time bombs and that's OK.

(J) Sometimes I'll say we'll plant a psychoactive seed in your psyche, in your mind to allow it to take root. Today we're planting the seed and some of you will water it and really nurture it today and others of you will need some time to have it grow.

We want to work with the people that might have had trouble. We're going to wait until afterwards, so use your partners to help you unearth it. If you're having issue or not getting clear, let them just listen to you, talk about it the way you normally would, and then they're going to go, "Oh, that's definitely here. You're definitely using that mechanism." They're going to be able to hear it and see it sometimes easier than you and then you just check yourself and see if that feels right.

Just get down to identifying the belief and disbelieving the story. Those are the three steps. You're going to be doing step one and two. Mostly step one and then some of the step two is an inner job, your inner work.

(B) I want you to be able to say the words, "I used to think the reason this happened was X because today I did this and this, but now I realize the reason is because I have this and I have this behavior and I have this mechanism and I have this core belief which has fear at its root." You want to be able to at least say that and then check-in with how much you believe what you said.

(J) Scale of 1-10 do you believe that at a 10 or at a 1 or somewhere in between. We'll get you into groups of three. We would recommend highly that you do not partner with your partners if they are here. We'll check-in and see if you guys are feeling ready to move to the next person.

LESSON 10 - Being Who You Want To Be (Even When It's Hard)

One of the most surprising things when you start to really get on someone else's map of reality is how different our capacities for intensity are and contextually some people can tolerate an immense amount of physical intensity, but almost no mental intensity or very little emotional intensity and vice versa. We have all of these levels.

The pattern is what happens when we perceive we're feeling too much sensation. That's when this comes up.

What happens when you resolve it is you've got a profile of the intensity of negative feelings you can feel and still be present. What's interesting is that really intense positive feelings also it's very difficult to be present for and really intense negative feelings, like extreme pain, it's difficult to be present for.

When you experience something that's out here, you do a pattern. Then you do the pattern and you keep feeling it and you keep doing your pattern and you keep doing this process until you have a lot more capacity for sensation i.e. a lot more capacity for life itself, for experience, for being in touch with reality as it is.

This to me is evolution and I think there's further to go than any of us could go in one lifetime in terms of how much sensation can this vessel, biological container feel. How much of the raw universe of life as it is in reality without any filtering or adjustment can I be present for?

When I am present for it, it's bliss. It's ecstatic. The capacity for joy, for bliss, for excitement exists to me in finding the edges of my internally set imaginary limits on sensation and noticing I do this when I'm on the wrong side of the line. It's just when you go outside, you're pretty much reliable which one of these you're going to do because it's the one you've practiced. You have all the compensation. You've got all the apology skills down or the hiding places already scouted.

(J) 10,000 hours of practice.

(B) Exactly. We're geniuses at it.

By the time you're holding the fear that she's going to leave you, you're already doing your pattern, so it's already out here because you're not actually in touch with the reality, which is she's not leaving you. My guess, my hunch, is that what it was is the amount of pleasure that you were feeling from her closeness and companionship was so gratifying that it just activated a fear you might lose it, so that your reaction to it's outside my curve was the pattern, which your particular pattern has some sabotage based on anxious, avoidant.

I remember when I first met Jennifer I realized that my dating strategy was whenever it got really fun, I would start talking about the future, try to make plans about the future, either real plans like let's get together Saturday or fake plans like wouldn't it be amazing if we moved to Mars. They didn't have to be actual plans, but something that was future oriented. Almost like putting a lockdown on this shit. This is so good I have to make sure I don't lose it and then also it's like I'm going to make you feel safe about what's happening right now because I'm going to give you a future that feels good to you. I'm going to paint a future picture that you like, which is going to relax you and allow us to get more intimate.

I realized it was my pattern and so I just interrupted it. Every time I was about to say something future oriented, let's get together, let's have a date, wouldn't it be amazing, what are we going to name our kids – on a first date this is – whenever I did that I just stopped and realized, "Oh shit. What's happening is I'm really enjoying this right now." I'd just look at her and say, "I'm so happy right now. I can't even believe how great this moment is. Thank you for showing up right now."

(J) That's him widening his capacity for the positive K in that moment. It's actually a compensatory mechanism to try to put it in the future because then you're having more distance from so you don't have to feel the intensity of it.

(B) In here you can feel the sensations as they are. You can feel her anxious. In your case, you feel actually her avoidant pattern as it is in here. Out here you feel like she's going to leave you and you're probably not good enough anyway, but in here you just feel like here's someone I love who's doing a pattern and they're diminishing themselves right now because they're afraid.

I think in 1,000 years we will be still, as a humanity, expanding our capacity collectively. This is why it's evolving love. Doing this is participating in evolution itself.

(J) Which is part of what make us unique as humans with our ability to actively participate in our evolutionary process. So this is a form of participating in that actively and not by default. Not allowing the pattern to run you, but you actually being the author.

(B) Which is why I don't feel shame for how it was. This is our leg of the relay race.

(J) Or even unearthing it. I know you were feeling some pain like, “I feel bad that I have this pattern.” One way to hold it is, “Oh wow. I get to unravel and look at the core of why I have this pattern,” as a level of excitement because it leads you closer down the path of transcendence.

Some of you might be feeling actually excited, not just ashamed. Maybe there's a mixture of K's (feelings). Maybe there's some “awwwww”, but there should be some “oh, great, now I know what to do!” or at least “I have a little bit more of a sense of what to do.”

