



LOVE AFTER KIDS

# RELATIONSHIP REBOOT

## **Relationship Reboot** **Key Points**



Chapter 1: *The Enemies of Change – Complacency and Assumptions*

1. Complacency and assumptions are the opiates of relationships.
2. The illusion of certainty and predictability is compelling.
3. Acting like you have the solution protects you from exposing yourself, being vulnerable, being hurt, misunderstood, and rejected.

Chapter 2: *Born and Bred to Repeat*

1. The mechanisms that keep us stuck in our 'habitual ways of being' start from the moment we are born based on the ongoing relationship with our environment, which is predominantly about our primary caregivers.
2. This feedback loop from the environment - leading to emotions leading to thoughts and feelings leading to attitudes leading to beliefs leading to states of mind, the accumulation of which we refer to as our personalities, - is a finely-honed machine by the time we are adults and enter romantic relationships.
3. The overwhelming majority of our thoughts, feelings, actions, beliefs, and states are automatic, reflexive and unconscious. We continue to live life and see everything through our eyes, which are the lenses of this finely-honed machine.
4. You must commit to not letting a single automatic thought, feeling, or reaction go by unless you have vetted it first.
5. You must commit to facing the unknown, to asking yourself what you want from your life and relationship now and into the future.

Chapter 3: *Stuck in the Pigeonhole*

1. In romantic relationships, it's natural and healthy to play different roles in the relationship at different times based on needs and circumstances. The ideal is to be able to shift between these roles and for both partners to be able to play all the roles.
2. Problems can arise when couples get stuck in specific dynamics and are unable to move into other dynamics when needed.
3. We internalize the ways that we are related to by our parents. Whether we like it or not, they often become parts of our personalities.



Chapter 4: *Habit and Routine*

1. Kids learn to see themselves and the world via the reflections provided to them by their big people. This becomes the foundation for the development of their personalities
2. Consider taking the road less traveled.

Chapter 5: *Never Say Never*

1. The days of the hardwired brain are long gone. We live in the age of neural plasticity. Our brains are always changing and we have more agency in that process than we had ever imagined.
2. Active internal events are thoughts and feelings that we are actively experiencing that make our brain-bodies feel that we are under threat even if there is no external threat. The body will produce the same chemicals as it would in response to the external threat. This is because the brain, in this moment, does not know the difference between external reality and the active internal event that is being experienced.
3. Passive internal events are the thoughts and feelings that we aren't even aware of because we are accustomed to them. But just because we get used to something doesn't mean it doesn't have an impact. They also reinforce the production of chemicals in the body.
4. When active internal events repeat, over time, they can turn into habitual passive internal events that happen outside of awareness without us even realizing it.

Chapter 6: *Stepping into the Present Moment*

1. If most of what you think and feel is based on your past experiences, habitual ways of thinking, feeling and being, then your future is already written by your past.
2. To step out of the habit of being your old self is to step into the present moment, commit to cultivating awareness of these habits, asking yourself what you want, who you want to be and awakening to the responsibility of creating a "new present" and a "new future" that is not just repeating the past.
3. The only true agency you do have is how you choose to respond to a given situation.
4. It's easy over time to forget or move away from the reasons you fell in love and decided to be together, because as you likely already know, kids require such an immense amount of energy and that often means that the relationship gets put on the back-burner.



Chapter 7: *The Power of Your Beliefs*

1. Over time, we develop habitual ways of thinking, feeling and behaving with each other. We assume as a result that we don't even have to bother asking or investigating because we already know how they're going to respond. We assume they should be able to read our minds as well.
2. We adopt roles in the relationship and as parents so that these repetitive thoughts, feelings, attitudes and beliefs turn into ongoing states of mind and the vast majority of our relationships just go on autopilot.
3. If our thoughts, feelings, and beliefs can cause positive changes in our bodies, it makes sense that our thoughts, feelings, and beliefs can also cause negative changes in our bodies, and vice versa.

Chapter 8: *Change Comes From Within*

1. There's so much that's always happening behind the scenes and outside of our awareness.
2. Thoughts and feelings, states of mind and body cause synaptic changes to occur in the brain. They impact our behavior and how we interact with our environment, which often then reinforces how we were thinking and feeling.