



MASTERCLASS RELATIONSHIP

VIDEO GUIDE



Masterclass Relationship Video Guide

“You don’t attract what you want, you attract what you are.”
- Goddard

Congratulations! You’ve taken a pro-active step in reshaping your relationships. This is not a crash course. It is designed as an instrument of reflection. When you apply these principles to your situation, you’ll find the answers lie within.

Even though these videos are short and sweet, to apply this knowledge requires a little practice. Consider this a process. I’m here to guide you and show you how best to use these videos.

Take it slow. Listen to one video per month. Let your brain absorb the material. Introspect. Ask questions as you proceed. I’m not a binge watcher advocate, but if you must, view them all at once, and use the corresponding guide. If there’s something you don’t understand. Re-review. Re-focus. Repeat.

The questions and example answers in the guide enhance the videos, and help to integrate your learning. Best of all, you can ask questions in the online portal—and during the live webinar sessions too! Here’s to discovering and bringing your best self to a relationship!

INTRODUCTION-RELATIONSHIP VIDEO

Q: What is the most unique thing about you? Think about this and anchor yourself in that feeling for a minute.

A: Example: Your sense of style.

Q: Why does rethinking relationships matter to your brain, to you and to your relationships?

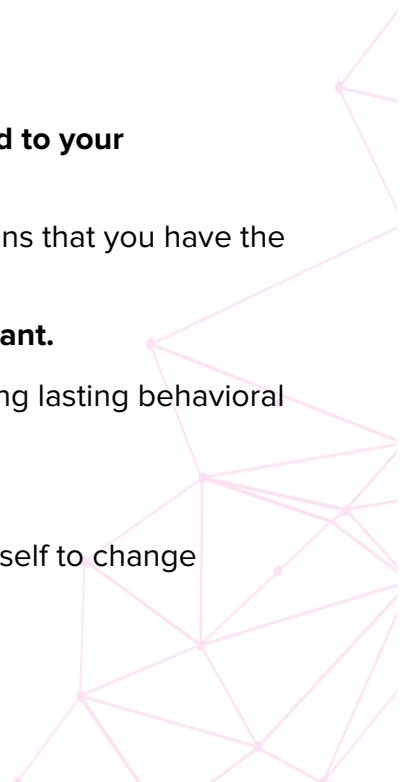
A: It changes brain blood flow, and this is important because it means that you have the power to change your brain.

Q: What do you call the brain’s ability to change and why is it important.

A: Neuroplasticity and it’s important because it is the first step in long lasting behavioral change.

Q: Can self-talk change brain blood flow?

A: Yes and it’s important because you can learn how to talk to yourself to change your brain.



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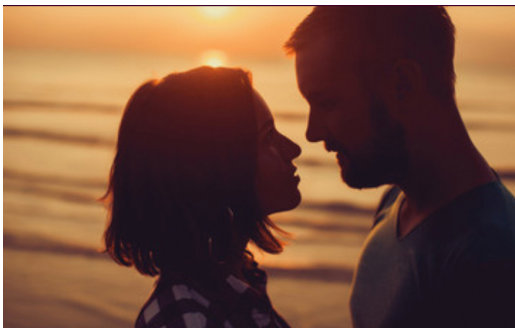
LESSON 1: GPS (7 minutes 11 seconds)

Q: What is the first thing you must do to ensure relationship success

A: Make it a priority. Set a goal for how much time you'll invest in this "Relationship Masterclass" and your process of self-discovery. *Remember it is important for you to understand yourself first before entering into a relationship.*

Q: What is your primary relationship goal? Write it down. Ask 'why' do you want that and then refine it three times.

A: Example: I want my relationship to feel fresh again, like when it began. Rewrite: I want my relationship to have a new freshness consistent with how far we have come. Rewrite 2: I want to be more interested in my partner, and I want my partner to be more interested in me. Rewrite 3: I want my relationship to have more excitement built into it. *When you reframe your desire, you give your brain more options to act on it, and you also become more specific.*



When you reframe your desire, you give your brain more options to act on it, and you also become more specific

Q: How much do you want this goal? How important is it to you?

A: If you do not feel emotion about this goal, rethink it. Goals without emotions are dormant.

Q: What is one thing you are settling for in your life/relationship?

A: Think of something you just accept, but don't like.

Q: What one habit holds you back from relationship success? What might you do to change this?

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A: Example: If married it could be, you have a routine when you come home—perhaps you can change this up? If single, it could be, I'm always attracted to the 'bad' boy/girls.

Q: What is possibility thinking?

A: It is the belief in the need to seek a solution so that your brain can help you achieve it. Without possibility thinking, your brain shuts down.

Q: Can belief change your brain?

A: Yes and it's important because it activates the reward center, helping you to feel better as you pursue your goal.

Q: What are the three things to activate your brain's GPS?

A: 1. Be clear about your goal. 2. Use possibility thinking. 3. Tell others about your goal.
Words to the brain are the address instructions to a GPS.

LESSON 2: UNCERTAINTY AND GUILT (7 minutes 11 seconds)

Q: What are you most uncertain of right now?

A: Example: Insecurity about your partner flirting; Insecurity about your future.

Q: What does uncertainty do to your brain?

A: It biases your brain to think that the worst will happen. i.e. it distorts thinking and pulls in more 'bad' stuff?



Uncertainty biases your brain to think that the worst will happen. i.e. it distorts thinking and pulls in more 'bad' stuff

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Q: What two regions are activated by uncertainty

A: 1. Disgust center-insula; 2. Conflict center—anterior cingulate cortex. When you understand this, you realize why you feel sick to your stomach when you are uncertain.

Q: How do uncertainty and guilt impact your life?

A: They keep you stuck in the past and future.

Q: Does authenticity matter?

A: Yes, it reduces stress and cortisol. And consistent stress suppresses your immunity, which is your first line of defense against illness.

Q: What are the three things you can do to lessen guilt?

A: 1. Be authentic; 2. Talk to a trusted individual/professional about your guilt; 3. Self-forgiveness.

Q: What can you do about uncertainty?

A: Correct your brain to neutral by using 'self-talk' and say, "This is not as bad as it seems. There is a solution to this. My brain is biased." Speak in the second person—call yourself by name.

Q: True or False: When you relax your brain, the brains of others will relax too.

A: Answer: True, because if your emotion is stronger than others around you, they will envelop into your emotion.

Here are three things you can do to lessen guilt:

- 1. Be authentic*
- 2. Talk to a trusted individual/professional about your guilt*
- 3. Self-forgiveness*

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LESSON 3: CONFLICT (10 minutes 16 seconds)

Q: What is your greatest conflict now?

A: Example: You love but are not *in love* with your partner.

Q: What is going on in the brain when you are conflicted?

A: Your brain goes into chaos (cognitive dissonance), and when you are in that state, truth, discernment and decision-making are clouded.

Q: Can conflict cause boredom?

A: Yes—especially if it keeps you stuck.

Q: What do you call the psychological price you have to pay for change?

A: Switch cost which means that whenever you have to switch from one thing to another, there is an emotional cost.

Q: What are some of the psychological costs for change?

A: Fear, Uncertainty, Lack of familiarity.

Q: How do you quiet down your brain?

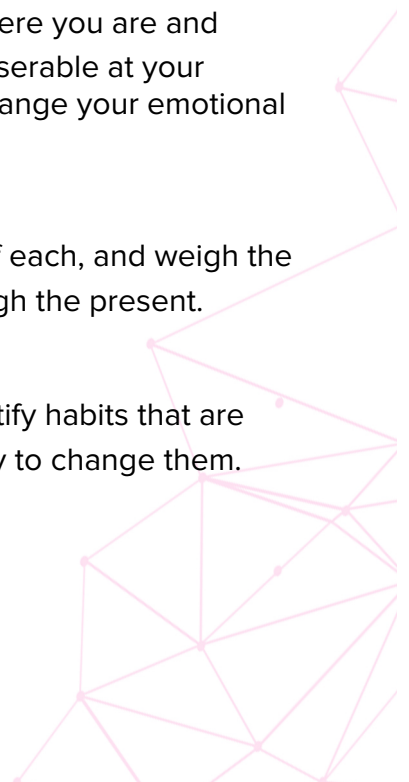
A: Spreading of alternatives—spell out the differences between where you are and where you want to be. For example, you may be comfortable yet miserable at your current job. Doing what you love, although at first unsettling, will change your emotional state from comfort to excitement and passion.

Q: Make a table to see your spread of alternatives

A: Make two columns: now and future—write out the advantages of each, and weigh the desirability of each. Work on this until the future alternatives outweigh the present.

Q: What three things can you do to reduce internal conflict?

A: 1. Know the switch cost; 2. Use spreading of alternatives; 3. Identify habits that are holding you back. Make a list of these and know you have the ability to change them.



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When you are conflicted your brain chaos-cognitive dissonance and when you are in that state, truth, discernment and decision-making are clouded

LESSON 4: Anxiety (10 minutes 3 seconds)

Q: What is anxiety?

A: Anxiety is a physiologic reaction to threat that is imagined or real.

Q: What does anxiety do to your brain?

A: It turns on the anxiety center in your brain—the amygdala. It makes you feel jittery and it impacts your relationships because you can't think straight and your emotions affect the other person too.

Q: If you don't feel anxious, could you have anxiety?

A: Yes—anxiety can be unconscious and activate your brain even when you are not aware of it.

Q: Why does anxiety affect your judgment?

A: The anxiety center in your brain is connected to the thinking center in your brain. That's where your judgment resides. You focus unnecessarily on threat.

Q: What three things can help to calm your brain down?

A: 1. Reappraisal: e.g. for a horrible situation, you say, *"This too shall pass."*
2. Distraction/Refocusing: e.g. Go for a walk or pet your dog etc.; 3. Mindfulness.

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The anxiety center in your brain is connected to the thinking center in your brain. That's where your judgment resides. You focus unnecessarily on threat

Q: What happens to your brain when you reframe what is going on?

A: It changes brain blood flow to help you feel less anxious and think more clearly.

Q: Why does distraction help?

A: It helps your attention become unstuck from the threat. You look elsewhere. It can shift your emotional state from dread to relaxation.

Q: Why does mindfulness help?

A: It calms down your amygdala. It may even change your genes. When you focus on your breath and ignore your mental chatter, you train your brain to *chill out*.

LESSON 5: Mirror Circuits (8 minute 41 seconds)

Q: Can your brain pick up what others are feeling and intending?

A: Yes. With mirror neurons. When your partner is moody, you feel moody too.

Q: Why do you not move every time I move?

A: Even though your brain activates as if you are moving if you watch me moving, it activates at a lower threshold than is needed for movement or it suppresses the activation.

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Q: Why should you be clear about your intentions?

A: Others will eventually pick this up even if you try to conceal this. When you have a 'hidden agenda' or don't say what you really mean, it still activates your brain, and the other person's mirror neurons.

Q: Can you stop your brain mirroring what others are feeling?

A: Yes.

Q: What is emotional empathy?

A: Feeling what others are feeling.

Q: What is cognitive empathy?

A: Seeing things from another person's point of view.



Cognitive empathy—walk in the other person's shoes, and you will be more likely to reach common ground

Q: Which form of empathy is superior for negotiation?

A: Cognitive empathy—walk in the other person's shoes, and you will be more likely to reach common ground.

Q: What three things can you do to stop reacting to someone else's negativity?

A: Be authentic. 1. Focus on something positive about them e.g. their shoes, or focus on something positive about life in general e.g. the sunset; 2. Use perspective taking—also called cognitive empathy by walking in their shoes; 3. Decrease your anxiety: reappraisal, refocusing, mindfulness.

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LESSON 6: Unfocus (5 minutes 23 seconds)

Q: What is the default mode network (DMN)?

A: It is your brain's "restful" circuit—it helps you become more creative and flexible in your thinking, and also helps to filter out irrelevant information.

Q: What activates the DMN?

A: Unfocus activities such as knitting or going for a walk etc.

Q: When can focus hurt you?

A: It can exhaust your brain and make you care less.

Q: What three methods have we already discussed about how you can build unfocus in your life?

A: 1. Possibility thinking; 2. Reframing; 3. Refocusing.



If you feel "out of love" remember to not go backwards—transcend to a higher plane. Seek new experiences, and learn to value the trust and longevity you have built. Specifically, don't try to recapture infatuation when the context has evolved to love

Q: What one thing should you remember to do if you feel "out of love"?

A: Do not go backwards—transcend to a higher plane. Seek new experiences, and learn to value the trust and longevity you have built. Specifically, don't try to recapture infatuation when the context has evolved to love.

Q: What are the two new ways to unfocus?

A: 1. Positive constructive daydreaming; 2. Doodling.

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Q: Is daydreaming always negative?

A: No, not if it is positive constructive daydreaming (as opposed to accidental or guilty daydreaming).

Q: Does doodling help or hurt memory?

A: It helps you to remember things while listening to people.



*Doodling helps you to remember things
while listening to people*

CONCLUSION (2 minute 59 seconds)

Q: What is the primary reason for rewiring?

A: Habit: to unwire negative habits and to rewire beneficial habits.

Q: Is connection biological?

A: Yes—our brains are all connected.

Q: Take the relationship quiz again

A: What is your new score? Has this changed?

Q: Can you change your brain?

A: Yes and to work for instead of against you!