



# THE TRANSFORMATIONAL RELATIONSHIP



# TOWARDS A NEW COMMITMENT VOW

- ☐ I consciously choose you as my complimentary opposite in this trauma excavation Project of life designed to help me heal and become more whole.
- ☐ I agree to be triggered, wounded, and re-wounded by you, in ways that I myself was wounded as a child, for the purpose of healing these wounds, and restoring to full potential the emotional capacities and behavioural abilities that were compromised by them.
- ☐ I will strive to remember that all of our conflicts are merely messages that something needs to change, evolve, or die. I will never strive simply to win an argument, but to understand the deeper truth, to train, and always to repair.
- ☐ To this end, I will reveal to you the knife that I hold behind my back, which is to say who I become when dysregulated, and what I need when I do, so that you will have everything you need to disarm me, firmly but lovingly hold me accountable, and celebrate me when I re-regulate.
- ☐ Above all know that when I am dysregulated, I am at my most frightened and vulnerable, and most in need of your courage, clarity and love to help re-member me, so that I can return to coherence, or take space if I cannot.
- ☐ I acknowledge that if we do our work well, you will help me to see parts of myself that I am not only unconscious of, but deeply ashamed of, terrifyingly disturbed by, and powerfully defended against.
- ☐ At my most dysregulated, I will be both closest to seeing all this and most dissociated from it. These will be the moments in which we are both truly in the storm, constantly at risk of capsizing.
- ☐ In these moments, above all others, I vow to do everything I can to remember our covenant – that it is because we love and trust each other the most, that we have agreed to travel into each other's underworld together, for the purpose of bringing light to that darkness, even as it threatens to consume us.



# INTRODUCTION

If you are listening to this presentation than you are ready to commit to never projecting onto your partner or family again. Because to some degree you have understood that our only options are to either process our pain or Project it. To heal ourselves or to abuse someone else. To sacrifice (make sacred) our shadow or to force it upon another. Make no mistake, the core mandate of your “Projection Function” is to abdicate your own trauma responsibilities, foist them onto your partner, children, and in so doing, destroy your kingdom and yourself. And the only way to do this is to strive to be impeccable and honour the rules of engagement.

## Governing Principles of Relational Energy Dynamics and Distribution

You are a psycho-energetic system. A trauma processing unit. Peace, with periodic bursts of joy is your natural state, like the sun and the blue sky and trauma and conflictual relationships are the clouds. Trauma is stored within you personally and also spread collectively among those you are bonded with. We all have a personal burden of trauma that is our responsibility to process. If this responsibility is not undertaken, it will periodically erupt and ripple through those closest to you.

The couple is a dual-action, doubly efficient trauma processing unit if used correctly, but which requires work to initiate because both psycho-energetic systems are super imposed onto one another and therefore co-trigger one another. And they are designed to do that because they are diametrically opposed. Your partner is your complementary opposite. Yin to your Yang, and vice versa. And the reason for this is because the most efficient way to evolve is to find as diverse a gene expression as possible from your own and cross-pollinate with it.

That’s why opposites attract. The more genetically diverse we are the more problems we can solve. The more challenges we have the capacity to overcome. The family in turn is a jumbo processing unit where the challenges to initiate that becomes even more complex because each member’s field is once again superimposed onto all the others.

If you do not know how to Process you will Repress, Suppress and Project. Repression is involuntary and unconscious. Suppression is voluntary, sub-conscious. (Drinking, Drugs, overeating, bingeing, etc) Projection is any form of abuse towards another, even an eye roll.

If the “Processing Function” is not installed then we will have no choice but to begin to play an unconscious and pathological game of trauma re-distribution with our partner and family. And like electricity, energetic toxicity, (trauma projection) follows the path of least resistance, from the most narcissistic to the most empathic and co-dependent. From those with the strongest boundaries to those with the least.

Your commitment to your partnership is to constantly monitor your dysregulation and prepare, in advance, for these eruptions.



# The Re-Regulation Protocol: Code Yellow

Passive aggressiveness, unassuming sarcasm, moodiness, being short, curt, stomping around and in so doing surreptitiously and often unconsciously off gassing pain onto your partner or family system.

## Not Allowed / Never Allowed

The Protocol is One Prohibition and Two Options

### **One Prohibition: No projection.**

"We agreed that if we were in pain we would no longer simply discharge it onto each other but work to process it."

### **Two Invitations: Self or Co-Regulation**

With hand on heart. "I can see that something's come up. If you would like to co-regulate let's, find a time to do that, and if you don't want to, then how can I support you to take space and self-regulate?"

Self-Regulation is Recovery. Cooling the Fire. Going to the gym, meditation, dancing or taking time in nature, etc. Make a list. Have it ready.

## The Rules of Engagement

1. Go back and forth speaking your peace and then allowing for a response. (The more dysregulated you are the more formal and restricted the container needs to be.)
2. Never interrupt.
3. Never raise your voice.
4. Debate (argue) in good faith. Always strive to straw and steel man your partner's argument.
5. Object to their bad points as strongly as you appreciate their good ones. Kindly call out your partner when they don't.
6. Maintain control over your emotional and energetic intensity, remembering that this is your core training - to bear the fire of conflict and process it through a controlled transmutational funnel, not an unbridled, sadomasochistic eruption.
7. Always seek to take accountability and apologize fully and unreservedly when you are wrong (and specifically to their energetic satisfaction). An apology is an energetic return of toxicity projected onto the other, so it must be equal or greater to it in intensity. Kindly call out your partner when they don't.
8. Be mindful of your partners wounds, triggers and capacities that they are developing by being in conflict with you. Consistently encourage them to down regulate the former and up regulate the latter.
9. If you get triggered, stop and take space.



10. If you find yourself circling the same points and not making progress. Agree to disagree, stop and take space.
11. Never pull rank. That is a compensation for not having a good counter argument.
12. Strive to stay emotionally connected and in the body. Not if but when you become disconnected, dis-embodied talking heads then you're likely merely re-traumatizing each other.

**Above all:** We are striving to Combust the Energy within us, and Process it, not Erupt and Project it.

This can only be done one manageable piece of energy at a time. Taking on too much will always overwhelm the system. So, Protect the integrity of the system at all costs. Always take space before it collapses. And then return when integrity has been re-established. This process of psycho-emotional muscle building is the same as physical hyper trophy. Now Let's Populate the Rules of Engagement with the Wisdom of:

## The Keys of Kingdom

The Prime Mandate of Engagement is to Support Yourself and Your Partner to Train Your Inferior Functions, and to identify them in advance. What you will find is that most of your squabbles and arguments are repetitions of the trauma that you experienced with your family or origin, specifically your mother and father.

- ⬡ Was your father excessively feminine or excessively masculine?
- ⬡ Was your mother excessively feminine or excessively masculine?
- ⬡ Would you self-assess as excessively feminine or excessively masculine?
- ⬡ Which of these archetypal polarities do you prioritize and which do you marginalize?
- ⬡ Which conflict style do you overuse?
- ⬡ Which do you marginalize?

Strive to up-regulate the styles you marginalize, down regulate the styles you overuse, and in only their generative expressions. You will have a primary style when conflicts begin and a secondary style that get triggered when you do.

- ⬡ Primary Style
- ⬡ Secondary Style
- ⬡ Overused style to down regulate
- ⬡ Marginalized style to up-regulate
- ⬡ Styles to express more generatively

Bring all this to your partner and ask them to support you to do that, even when it goes "against" them in an actual conflict.



	Major Pathological Expression	Minor Pathological Expression	Generative Expression
Fight (Masculine)	Aggressive, Boundary Crossing, Violent, raising of voice, slamming of doors.	Passive aggressiveness, sarcasm, niggling criticisms, eye rolling, chronic low-level moodiness.	Assertive, boundary holding, saying no with a smile. Holding impeccable accountability.
Flight (Feminine)	Leaving the house for long periods. Always running from a problem. Repeatedly threatening the relationship with termination.	Zoning out. Being disconnected, dissociated, gaming, drug taking, drinking	Taking space and coming back to re-regulate and re-connect.
Freeze (Feminine)	Catatonic states. Chronic unresponsiveness.	Zoning out. Vegetating. The silent treatment. Stewing.	Pausing, taking time to re-regulate before responding.
Accommodation (Feminine)	Never saying “no”, “stop”, holding the other to a boundary or accountability. Slowly and silently building resentment over time and then erupting in either an attack or a betrayal.	Being a push over. Avoiding conflicts. Giving in too easily. Rationalizing that its better to keep the peace than to address the issue. Then off gassing to friends or drifting into passive aggressiveness.	Collaborating as you fight. Remembering that you are training, sparring.



# IDENTIFYING THE ROOTS OF YOUR DEREGULATORY STATES

## Mother Trauma

What was the conflict pattern between you and your mother?

### The Fate that will be Repeated

- ⬡ Historically how did she respond to you in this?
- ⬡ Historically how did you respond to her in this?

One of your trauma loops is to repeat this dynamic. That is your eternal, repetitive fate.

### But the Destiny that can be Created is Found by Asking

- ⬡ What did you really need to do yourself in those moments.
- ⬡ And what did you really need from her.

So, when these patterns are triggered support your partner and yourself to embrace the new destiny and not the repetition of fate.

## Father Trauma

What was the conflict pattern between you and your father?

### The Fate that will be Repeated

- ⬡ Historically how did he respond to you in this?
- ⬡ Historically how did you respond to him?

### The Destiny that can be Created

- ⬡ What did you really need to do yourself?
- ⬡ What did you really need from him?

So, when these patterns are triggered support your partner and yourself to embrace the new disunity and not the repetition of fate.

Now connect the conflict patterns with your partner to these.

- ⬡ Mom
- ⬡ Dad
- ⬡ Partner
- ⬡ Child



Now in advance of your next conflict, when you are both regulated and feeling supportive.

- ⬡ Find what you needed.
- ⬡ Find the exiled emotion that was never cared for.
- ⬡ Find the exiled capacity that was undermined.

Then agree that in your next conflict you will support one another to care for those emotions, and embody those needs in the moment.

## Examples of Exiled Capacities that you are Re-Animating

### Up-Regulating Your Recessive Masculinity

- ⬡ Speaking up.
- ⬡ Using your voice.
- ⬡ Calling them out.
- ⬡ Holding them accountable.

### Down Regulate Your Excessive Femininity

- ⬡ Stop being so accommodating
- ⬡ Stop taking all the blame.
- ⬡ Stop allowing your boundaries to be crossed.
- ⬡ Stop holding your tongue.
- ⬡ Stop failing to hold them accountable.

### Down Regulate Your Excessive Masculinity

- ⬡ Keep your cool.
- ⬡ Stop attacking
- ⬡ Be civil.
- ⬡ Argue in good faith.
- ⬡ Stop trying to simply win.

### Up-Regulating Your Recessive Femininity

- ⬡ Be more receptive
- ⬡ Actually Listen
- ⬡ Learn to emotionally and energetically attune
- ⬡ Stop trying to control the conversation.
- ⬡ Be more flexible.

This always ultimately proves that no one is ever to blame, but we are all responsible for our actions. Blaming is a way of abdicating your role as a co-collaborator and conspirator in the conflict, self-emasculating and disempowering and becoming a victim.



- ⬡ You are co-creating every conflict.
- ⬡ You are never not part of it.
- ⬡ The greatest way for you to influence your partner is to change.
- ⬡ Even if this means taking space, taking extended time away, initiating a trial separation or filing divorce papers.

### Further Exploration of Interpersonal Traumatic Roots

1. What does it look like when you become a Dysregulated Victim? When you are hurt, depressed, disturbed or sad?
2. What does it look like when you become a Perpetrator? When you are angry, indignant, outraged or abusive?
3. Which of your parents do you become when you enter either of these states.
4. When you enter either of these dysregulated states, which of your partner's parent's do you become for your partner? Who do you remind them of?
5. When you or your partner is in one of these dysregulated states, which of your parents do they remind you of?
6. The worst of times where do you go in these states. Who does what?
7. What happened to your parents in these states? Where did it take them?
8. Now what do you think you both actually need, in all four of these scenarios.

That's 8 things you both need total.

### When a Dysregulated Victim I become my ....

- ⬡ For my partner I become his / her ....
- ⬡ What I need from myself in those moments is ...
- ⬡ What I need from them in those moments is ...
- ⬡ But when I'm weak and unconsciously want to make things worse what I simply want is ...

### When I become a Dysregulated Perpetrator I become my ...

- ⬡ For my partner I become his / her ....
- ⬡ What I need from myself in those moments is ...
- ⬡ What I need from them in those moments is ...
- ⬡ But when I'm weak and unconsciously want to make things worse what I simply want is ...



## Which Of Your Parents Are You Becoming When You Respond In Each Of These Three Ways?

- ⬡ Victim
- ⬡ Perpetrator

## What Do You Want in These Moments and What Do You Need?

**I Want** (What we want Represses, Suppresses or Projects our pain and is connected to our Compensation, Complex and Defence)

**I Need** (What we need Processes it and is connected to our Core Training and Hero's Journey.)

## How Can Your Partner and Family Most Help You During These Times?

- ⬡ When you are a Victim
- ⬡ When you are a Perpetrator

## Reminder: Your Relationship Conflicts Are Doing Three Main Things

1. Re-triggering your trauma so they can be healed.
2. Re-booting exiled intellectual, emotional and behavioural capacities that those traumas marginalized.
3. Balancing your archetypal masculine and feminine embodiment.

How we optimize for all this is by understanding our Wounds and Conflict Patterns and conscripting our partner into helping us get what we need while we are triggered and in conflict with them.

# Additional General Principles

- ⬡ Always establish a sacred container before opening up an argument. Open it mindfully, state highest intention, and then close it when you are finished.
- ⬡ Ideally never sleep on an argument, which is why it's helpful to schedule them early in the day.
- ⬡ Only argue at levels Yellow and "early" Orange. Late Orange and Red immediately demands taking space. They are terrorists that you never negotiate with. Ever.
- ⬡ The more conscious, less dysregulated individual always has more responsibility to shepherd the argument. This includes making executive decisions around calling out every single missed opportunity for accountability, appreciation, or apology, or calling a cease fire and taking space. They must often self-assign themselves this responsibility in the midst of the argument, even if the other objects and disagrees, even when the proof is evident. If in doubt, begin a recording, which will illuminate the truth and also help to re-regulate everyone.



# CATHARSIS AND THE SEQUENCING PROCESS

## Be a Grief Seeking Missile

Once you have identified your trauma array, you can more easily identify what trauma is being triggered in every single superficial argument.

Periodically the repressed grief will be close to the surface and available to be processed. Ideally, we don't want to miss those opportunities but be available to capitalize on them and benefit from the processing power on offer.

Always strive to release the grief underneath the anger.

### How To Do This

- ⬡ Always be aware that anger is closest to grief.
- ⬡ Always wait for the moment it reveals itself to you first.
- ⬡ Breaking voice
- ⬡ Glassy eyes
- ⬡ Flushing of the neck and then face.
- ⬡ The energy hitting you

### Then Stop Everything and Ask Two Questions, Getting Very Present

- ⬡ What are you feeling?
- ⬡ Where are you feeling it?

**Once connected, you in the domain of the inner child.** The therapeutic holy of holies. When this happens, it's no longer about you. You put yourself to the side 100%, and explore two questions:

- ⬡ What is this related to? What is the memory?
- ⬡ What does s/he need energetically right now and strategically in the future?

Once you get that, close it up, make tea, take a break, and return to discuss later. This is a particularly powerful practice for women needing to open up their husbands and jump start their therapeutic journey. However, we are never supposed to become our spouse's formal therapist. But we should be able to put our version of that hat on when and if the need arises. Because it will.



# CHRONIC PAIN, ILLNESS AND DISREGULATION

**“There is only one thing that I dread: not to be worthy of my suffering.” – Dostoyevski**

When a man finds that it is his destiny to suffer, he will have to accept his suffering as his task; his single and unique task. He will have to acknowledge the fact that even in suffering he is unique and alone in the universe. No one can relieve him of his suffering or suffer in his place. His unique opportunity lies in the way in which he bears his burden.”

“But there was no need to be ashamed of tears, for tears bore witness that a man had the greatest of courage, the courage to suffer.” – Viktor Frankl

When we are in pain, it can either break us, or we can learn to bend with it. Take responsibility for your pain. If you are moping around the house in low level pain you are off gassing (projecting) onto the rest of the members. If you are unwilling or unable to avoid being moody or in pain in the house, then you must acknowledge that you are tacitly asking everyone to slowly absorb portions of its pain. Think walking around the house while constantly passing gas.

If you want to do this, if you believe you require this, and can do nothing else, then you must give those around you something in return, and this must be something they agree to. This must include verbal appreciation and actions, such as periodically saying “thank you for holding me in this”, thank you for bearing this burden with me.”

“I am not yet worthy of my suffering, but I am trying to be.”

## GENERATING AND MAINTAINING AN INTERPERSONAL, PSYCHO-EMOTIONAL GREEN ZONE

### “The Love Field”

#### Fortifying Principles of a Love Field

- ⬡ Daily random acts of kindness.
- ⬡ Daily expressing of gratitude for the little things.
- ⬡ Daily working their love language.
- ⬡ Identify times in the calendar year when trauma has taken place in the family and prepare to support one another even more fully during these times. (Sacred as opposed to Chronological time.)<sup>1</sup>

1. This is a concept that I've adapted from Mircea Eliade's. The idea is simply that any traumas that take place within the calendar year are embossed onto that specific time and until healed, create a kind of trauma vortex that will cause re-enactments to take place. I first discovered this when working with an individual who told me they were always sick in January, always in the ER in January. I asked the simple question “what happened in January?” They were stunned. No one had ever asked them. “My mother took her life” they said. By making this event in conscious in the “Sacred Time” of January, and bringing that mourning to consciousness, the unconscious no longer had to lower the immune system and make them sick in an unconscious repetition of the loss.



- ⬡ If your partner is in challenging relationships, especially with family, be present and support every interaction, phone call or meeting, with preparatory encouragement and a appreciative, processing de-briefs.
- ⬡ If you have challenging parents, invite and allow your partner to engage with them in moments of tension to defuse the situation. Parents can often best be handled with the son or daughter in law because they are not as entangled.
- ⬡ Always stand up for your partner in public. Never disparage them, ever.
- ⬡ Never talk about your partner behind their back, except with a therapist or a secure, confidential container. This includes good friends. It can be a psychic betrayal.
- ⬡ Never be contemptuous. A pattern of this has been proven to be the single greatest predictor of future divorce.

## The Generating Joy List

- ⬡ What can be done in 5 / 10 minutes
- ⬡ What can be done in 30 minutes
- ⬡ What can be done in 2 hours
- ⬡ What can be done in an afternoon
- ⬡ What can be done over a weekend
- ⬡ What can be done over a week

The building of community joy; developing an on-going joy burst with the right people, in the right place, at the right time, doing the right things, in the exact right order.

## Only Relationships in Golden Ratio

In mathematics, two quantities are in the golden ratio if their ratio is the same as the ratio of their sum to the larger of the two quantities. This creates a spiral, and ultimately a torus, which is a stable electromagnetic field. The significance of the “larger” of the two quantities represents the stronger capacities in either individual. We are looking to optimize the stronger capacities available to us, which we have some of and our partner has some of. So, there is a balance of humility and surrender to those qualities that we do not possess but that our partner does, that has to take place.

This is to be in relationship with your complimentary opposite. It is to have the opposite poles of two magnets placed together to create a stable EMF.

- ⬡ **Inner circle;** Perfectly in flow. Almost never any conflict.
- ⬡ **Outer circle;** Periodic conflict that are always repaired, which increases trust and care in ways that drive them into the inner circle.

## The Summary

1. Avoid nothing.
2. Process everything.
3. Take space to recover constantly.
4. Know thy self.
5. Cry.



### **The Closing Aphorism**

“Take turns to bear your pain for the other, and you will both heal and grow stronger”.

### **No wait, a slightly better one**

“To love someone is to protect them, first and foremost, from yourself”.

## **The Closing Poem**

Burn for them  
But do not burn up  
because of them  
Love is a growing pain  
That we take turns bearing  
into stillness  
Discovering over time  
That we are stronger than we thought  
And capable of everything  
that we had once lost



# PART TWO

~ “Dedication to my partner who on one of our very first dates triggered a part of my then over sensitive egg shell ego structure, and then noticing that I’d severed precipitously into Code Yellow, DEFCON THREE ... ever so slowly ... placed her hand on my knee and said “are you aware of this moment. This is you losing your shit. Can you see that?” And on the inside, I said “Oh my god I’m going to marry this woman.”

But on the outside and I said “no what are you talking about, I’m fine. There’s nothing wrong. I’m not triggered at all. I always talk with a face like beetroot, snorting like a bull, and spitting like an ally cat when I’m sitting having a pick nick in spring time under a blossom. Stop judging me.”

Like the most delicate, subtle rose-coloured blossoms where literally floating down from the tress between us, while I was being the most subtle, sophisticated, tricky little bitch you have ever seen.

And I think she just looked at me, with this slight look of disappointment, and sighed, in a way that pierced my soul. Because in that moment – she wasn’t projecting at all – and the reflection she was giving me, was immaculate. And I had no choice but to see myself.

And what I saw, made my think, over my dead body will become that kind of man, the kind of man that makes a woman tilt her head and stick out her lower lip and say something like,

- ⬡ “Is someone having a bad hair day?”
- ⬡ “Did someone have an incomplete poo this morning?”
- ⬡ “Who’s a poor little puppy?”
- ⬡ “Who still isn’t potty projection trained?”
- ⬡ “Who’s still projecting all over the house?”

## **And so the journey began.**

There was another instance in one of our original conflicts when like a painfully stereotypical male I threw in her face the tired old trope of “you’re being hormonal” or “Like you’re on your moon, get your shit together lady.”

And her response was something like “Yes, I’ve been spiked with drugs and I’m in enormous pain. I am losing my cool, and maybe not even making sense, and you can either pathologize me for that, or get over here and hold me like hero.”

And I was like ... oh crap ... she just did it again. She somehow managed to pull out a pair of alligator clips, clamp them to my nipples, and activate the hero. Which, also relates to designing the right activation words for each other, so that when we’re in conflict, we can use them, and they help to break us out of the deregulatory trance with phrases like: “can you be my hero right now”?



# Mother

- ⬡ Submissive
- ⬡ Family of 6 children
- ⬡ She never gave to herself
- ⬡ 65-year-old woman
- ⬡ Deceased 5 years ago

# Father

- ⬡ Being angry at home when not holding a boundary in the world
- ⬡ Either he's workable
- ⬡ Be vulnerable – sounds like truth looks like courage
- ⬡ If he's not workable – you have to decide
- ⬡ Is he nervous

## Seventy-Seven

The Tao of heaven is like the bending of a bow. The top comes down and the bottom comes up; If the extra length is shortened end the insufficient width is expanded. The Tao of heaven is to take from those who have too much and give to those who do not have enough.

# Triggering Core Wounds

- ⬡ Commitment
- ⬡ A wound in me that I don't want to by pass

## Only Relationships in Golden Ratio

In mathematics, two quantities are in the golden ratio if their ratio is the same as the ratio of their sum to the larger of the two quantities. This creates a spiral, and ultimately a torus, which is a stable electromagnetic field.

The significance of the “larger” of the two quantities represents the stronger capacities in either individual. We are looking to optimize the stronger capacities available to us, which we have some of and our partner has some of. So, there is a balance of humility and surrender to those qualities that we do not possess but that our partner does, that has to take place.

This is to be in relationship with your complimentary opposite. It is to have the opposite poles of two magnets placed together to create a stable EMF.

- ⬡ **Inner circle:** Perfectly in flow. Almost never any conflict.
- ⬡ **Outer circle:** Periodic conflict that are always repaired, which increases trust and care in ways that drive them into the inner circle.