



ex-files

workbook

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MANAGING THE SWITCH

Case Study:
Casey and Brandon

MANAGING THE SWITCH

Casey & Brandon

1. What happened when Casey and Brandon met at the audition after not seeing each other for a long time?

Expert Analysis:

They fell into an unexpected state of “Bliss.” Although Casey and Brandon were acquaintances in the past, when they met again in a new and different environment, it triggered an immediate spark and uncontrollable attraction.

Generally, if a friendship was already established prior to the start of Bliss, it is a lot easier to escalate the relationship and add a romantic component to it.

This is why establishing a friendship while trying to rewind a relationship can be very powerful.

MANAGING THE SWITCH

Casey & Brandon

2. What caused Casey to move from Bliss to Switch with Brandon?

MANAGING THE SWITCH

Casey & Brandon

2. What caused Casey to move from Bliss to Switch with Brandon?

Expert Analysis:

Things were moving too fast for Casey. She never felt so many powerful emotions for someone before in her life - especially so quickly - so her natural reaction was to run.

When things become too serious too fast, especially for someone so young like Casey who was just 20 at the time, people aren't "ready" to "settle down" just yet. Commitment to anything at such a young age is hard, and scary!

Sometimes, heightened states of bliss causes problems in a relationship and can actually lead a couple to a "Switch." Switch happens when a partner has doubts about the relationship and begins to re-evaluate it. If the Bliss stage moves too quickly and is too overwhelming for someone, it ends up putting too much pressure on that person and strains the relationship.

External factors and influences also swayed Casey into leaving Brandon - regardless of how blissful they felt when they were together. Her friends did not approve and questioned their relationship, which made Casey even more hesitant and fearful. She believes her friends are supporting her and wants to make sure she isn't losing sight of her other priorities such as school, work, her dreams, etc.

MANAGING THE SWITCH

Casey & Brandon

3. How did Brandon reinforce Casey's decision to Switch and cause her to Drift?

MANAGING THE SWITCH

Casey & Brandon

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Expert Analysis:

Brandon chased her. She made it very clear that she needed space, and what did he do? He called her friends -- the same ones who didn't approve of him in the first place. He poured his heart out to her. He begged her to take him back. He looked weak. This, of course, would only reinforce Casey's decision to Switch. The friends would now reinforce that he is "crazy" or "obsessed." Or she will think you are being desperate.

This kind of behavior from Brandon only gave Casey more power and control in the relationship. The issue is clear here: Casey's emotion went from 'feeling sad that they weren't together' to 'feeling sad that she is hurting Brandon.' You don't want your ex to pity you. You want him/her to WANT you back. That is your goal.

MANAGING THE SWITCH

Casey & Brandon

4. What made Casey come running to take Brandon back?

MANAGING THE SWITCH

Casey & Brandon

4. What made Casey come running to take Brandon back?

Expert Analysis:

The trick here was - Brandon started to move on and distance himself *while* Casey was still in the Switch stage. This means, she was still torn between being with him vs. forgetting about him for good. So, he still had a fighting chance to win her back.

As soon as Brandon started chasing and dropped all affection for her, Casey started realizing how much she missed him. Distance does make the heart grow fonder, and you have to use this technique if you ever want your partner to truly miss you and want you back.

Also, in this case, Brandon was going to move to New York City. This forced Casey to come to terms with her emotions as she realized - this could be the last chance she has to be with him.

So if you realize here, Casey was in Switch while Brandon was in the "Drift" stage. IMPORTANT: Always, always be mentally and emotionally ahead of your partner in the Relationship Rewind process, and keep the lines of communication OPEN. Treat it like a race, and you should win him/her back for good.

MANAGING THE SWITCH

Casey & Brandon

5. What is one of the key things that helped keep their long distance relationship strong?

MANAGING THE SWITCH

Casey & Brandon

5. Name one key tactic that helped keep their long distance relationship strong.

Expert Analysis:

Brandon and Casey both stressed the importance of really ‘talking’ over the phone. This means, not the simple chit-chat conversation such as taking turns giving a step-by-step walkthrough on how your days went. Conversations have to have purpose and meaning. It has to be balanced and both partners need to make an effort in staying involved in each others’ lives as much as they can. Focus on and ask a lot of questions regarding your partner’s GSI. Listen; and respond.

Also, showing your partner that you’re thinking about them at random moments during the day, helps. “It’s the little things,” they say, such as sending a random text photo of themselves during the day.

THE IMPORTANCE OF UNDERSTANDING DIFFERENCES IN RELATIONSHIP VIEWS

Case Study:
Kayte and Steven

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Kayte and Steven

1. Why is it important to take the time to understand the the differences in upbringing and culture between you and your partner?

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Kayte and Steven

1. Why is it important to take the time to understand the the differences in upbringing and culture between you and your partner?

Expert Analysis:

It's natural that two different people will have different perspectives on what a healthy relationship should be, and how fast it should grow. In Kayte and Steven's case, they had opposite family values instilled in them at childhood, which in turn, affected their actions in the future regarding their relationships.

It's important that an open and honest dialogue regarding your and your partner's different outlooks and priorities happens before a relationship can reach its peak bliss stage. It's also important to stay open-minded to new ideas and activities.

It's OK to want different things. But staying quiet and not addressing your wants is only going to lead your relationship closer to Death's Door. Communicate to your partner. Be honest to them and yourself. Tell them how your life experiences shaped you as a person, and how it is affecting your decisions and actions today.

Not only is this a strong bonding conversation, but it will also help you better understand your partner and become more patient with them.

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Kayte and Steven

2. What caused Steven to shift from Bliss and ultimately drift?

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Expert Analysis:

Lack of communication.

Steven felt pressure from Kayte's family who was pushing him to marry her after just six months of being together, and Kayte felt that he didn't care enough for her because he seemed so unsure about the idea of spending the rest of his life with her. These uncertain "feelings" were going on, meanwhile, there was zero communication between Kayte and Steven. They stayed quiet about the issue which made Steven frustrated. He was disappointed that Kayte was so passive and not proactive about fixing their relationship together.

This scenario further reinforced Steven's decision to shift away from Kayte. He was so young and not ready to commit to a woman forever, and the relationship could not grow naturally as now all the focus and energy was on the future of the relationship and not on progressing it in the present.

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Kayte and Steven

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Expert Analysis:

She handled the switch perfectly here. When the problem became clear to her, she acted maturely and calmly and communicated to Steven that the external pressures from their families are not worth giving up the relationship for.

Steven expected her to beg him to come back, but she did not give in to this. Instead, she said she noticed the change in his behavior and made it clear that if he did not fight for the relationship like she has been doing, she will leave him.

THE IMPORTANCE OF UNDERSTANDING DIFFERENCES IN RELATIONSHIP VIEWS

Kayte and Steven

4. Now that Steven and Kayte returned to Bliss, how did they address the issues that were causing problems before?

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Kayte and Steven

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Expert Analysis:

They talked openly and honestly about their issues. Kayte realized what caused Steven to switch and Steven understood why he had to make express to Kayte through his actions that he loved her as much as she did.

They agreed to not talk about marriage for several months at the least, and allow the relationship to grow naturally instead. They were able to find bliss again by focusing on the time they had together and less on the future.

Their willingness to communicate the issue allowed for them to get on the same page again. They were able to go back to the initial moment of bliss they felt when they first met. Relationships are always going to be a lot of work, and will be an ongoing learning process for both partners. It's important to remember to always communicate and not to be afraid to have those difficult conversations when they are needed.

THE IMPORTANCE OF UNDERSTANDING DIFFERENCES IN RELATIONSHIP VIEWS

Kayte and Steven

5. How did Steven and Kayte overcome their differences in handling arguments?

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Expert Analysis:

Since they learned that they have such different views in how to deal with relationships, they learned to communicate how they actually feel when an issue is presented and how to bring it up.

They agreed that if something comes up that is bothering either one of them, their first priority will be to find a private place to talk it out. They met in the middle with Steven's need to discuss the issue right away and Kayte's need to speak in privacy.

They have established an anti-switch technique that makes them address the issue any time a switch occurs. Learning HOW to properly argue and communicate with your partner is key to maintaining a healthy relationship.

MANAGING LONG DISTANCE RELATIONSHIPS

Case Study:
Lydia and Danny

MANAGING LONG DISTANCE RELATIONSHIPS

Lydia and Danny

1. What is one of the unique things Danny and Lydia do to maintain their long distance relationship?

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Expert Analysis:

As they state right away, they never go more than a month and half without seeing each other, which is important to maintain physically intimacy. However, one of the most powerful things they do is write handwritten letters to each other.

A handwritten letter will always be the most personal form of long distance communication. To write a letter, you have to sit down and commit time to it, and then have to go out and mail it. It also creates anticipation as you await a response from your letter.

They also use every other communication method regularly such as phone, social networking sites such as Facebook, Skype, etc.

MANAGING LONG DISTANCE RELATIONSHIPS

Lydia and Danny

2. How does not being afraid to call out your partner's behaviors help a relationship?

MANAGING LONG DISTANCE RELATIONSHIPS

Lydia and Danny

2. How does not being afraid to call out your partner's behaviors help a relationship?

Expert Analysis:

Many people are afraid to correct their partner's behaviors because it might upset or offend them. However, if you can come from a genuine and supportive place, then you will demonstrate that you have a strong and caring interest in your partner. Just remember to be sensitive to your partner's feelings and take some time to strategize a little on how you'll approach a critique.

If you are not helping each other better yourselves as people, then the relationship will perish. Both partners will feel they can get away with anything and feel unchallenged in the relationship.

Lydia and Danny know they are in love because they are comfortable with telling each other anything as long as it's honest and backed with good intention, even if it risks upsetting the other person for some time.

MANAGING LONG DISTANCE RELATIONSHIPS

Lydia and Danny

3. How does Danny and Lydia deal with some of the challenges that come up during a long distance relationship?

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3. How does Danny and Lydia deal with some of the challenges that come up during a long distance relationship?

Expert Analysis:

First, they had to learn each other's preferred methods of dealing with relationship challenges and issues. Danny likes to immediately talk about the issue until it's resolved, and Lydia prefers to walk away from a problem to cool off and think, and then come back acting like nothing happened.

They learned to meet in the middle and agreed to patiently discuss issues they have fully moving forward. Their resolution was to remind each other of the blissful moments from their time together before letting a fight get too out of hand. This is another form of switch prevention and is why learning how to argue with your partner is so important. Little issues are not worth ruining relationship for - especially if you feel so confident that your current partner is "the one" for you, as Lydia and Danny felt.

MANAGING LONG DISTANCE RELATIONSHIPS

Lydia and Danny

4. What do Danny and Lydia do to fill the void of not having their partner around on a regular basis?

MANAGING LONG DISTANCE RELATIONSHIPS

Lydia and Danny

4. What do Danny and Lydia do to fill the void of not having their partner around on a regular basis?

Expert Analysis:

Both of these partners are aware and supportive of each other's GSIs. They support each other's hobbies, careers, and interests as best as they can, even if they are far away from each other. Instead of filling their void by cheating, they focus on their GSIs and use the time apart to move forward with their individual goals in their lives.

Understanding your partner's GSI and pursuing your own is one of the key fundamentals to any relationship, regardless if it is long distance or not.

MANAGING LONG DISTANCE RELATIONSHIPS

Lydia and Danny

5. What are some of the benefits of a long distance relationship?

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Lydia and Danny

5. What are some of the benefits of a long distance relationship?

Expert Analysis:

The delayed gratification of seeing each other can be very powerful. It makes the time you spend together in person 10 times more special than it normally would be. It prevents the relationship from burning out and keeps everything fresh and new. Long distance relationships help extend the 'honeymoon' phase and heightens bliss because it forces each partner to come up with more creative ways to show you care. It also helps each partner feel more appreciative of each other in the long run.

GETTING PAST EMOTIONAL WALLS AND RESERVES

Case Study:
Lauren and Todd

GETTING PAST EMOTIONAL WALLS AND RESERVES

Lauren and Todd

1. How did Lauren finally initiate a relationship after so much time had passed since she last saw Todd?

GETTING PAST EMOTIONAL WALLS AND RESERVES

Lauren and Todd

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Expert Analysis:

Lauren and Todd had a surprising and unexpected re-encounter with each other, seven years later. Timing worked in their favor. When they met again, Todd was single again and recently divorced; and Lauren was single as well, and this time, old enough to be ready for a more serious relationship.

Lauren knew she wanted him in his life after the second encounter, so she made herself available by getting involved in his productions more. Because they were cast opposite each other in film, they were forced to become physical with one another on set, while doing something they both are passionate about -- acting.

It helped also that they both remembered their initial attraction to each other from when they met a long time ago, and those feelings stuck even after so many years. Both times they met, they were also practicing their GSIs together, which helped build the spark even more.

GETTING PAST EMOTIONAL WALLS AND RESERVES

Lauren and Todd

2. What outside factors did Todd have to consider when choosing Lauren as a partner?

GETTING PAST EMOTIONAL WALLS AND RESERVES

Lauren and Todd

2. What outside factors did Todd have to consider when choosing Lauren as a partner?

Expert Analysis:

Todd is a unique case because he is a single father with a two-year-old son. He needed to find a woman who would get along with his son. If his partner did not feel comfortable with the fact that his child will always remain a priority in his life - and be open to potentially taking care of the child in the future as well - then he knew it wouldn't work out. This made him put up a wall and guard himself more.

There will always be external factors that influence our actions and the decisions we make in our relationships. In Lauren and Todd's case, they were lucky because Lauren ended up finding it attractive that Todd had a child and was such a good father to him.

GETTING PAST EMOTIONAL WALLS AND RESERVES

Lauren and Todd

3. How did Todd's commitment to his son and outside influences cause problems in the relationship?

GETTING PAST EMOTIONAL WALLS AND RESERVES

Lauren and Todd

3. How did Todd's commitment to his son and outside influences cause problems in the relationship?

Expert Analysis:

On behalf of his son, Todd did his best to maintain a strong friendship with the mother of one of his son's best friends. This caused tension and trust issues between Lauren and Todd.

Lauren knew that this woman wanted more from Todd than he expected, so she demanded that she stop seeing her. Todd, on the other hand, was thrown back by her request and encouraged Lauren that nothing was going on. He refused to cut her off and ignored her concerns. Todd was unable to see how this was truly hurting his relationship with Lauren because he was so focused on his son's well being.

Eventually a fight broke out and it turns out that Lauren was right about this woman having feelings for Todd.

GETTING PAST EMOTIONAL WALLS AND RESERVES

Lauren and Todd

4. How did Lauren help Todd see how someone else being interested in him made her feel?

GETTING PAST EMOTIONAL WALLS AND RESERVES

Lauren and Todd

4. How did Lauren help Todd see how someone else being interested in him made her feel?

Expert Analysis:

Once Todd saw another man actively pursue Lauren, he was able to relate to and understand how Lauren felt when he was spending a lot of time with his son's friend's mother.

Jealousy is a powerful tool. It reminds you that there is always a risk of losing your partner. When you watch them drift farther away from you and closer to someone else, it makes you have a natural reaction to cling on tight.

In this case, the tables turned and karma came into play. Todd now understood Lauren and her previous actions, and this helped strengthen their relationship. Healthy tension and occasional jealousy can help a relationship grow. Couples should not be afraid to be completely open with each other, and should always try to put themselves in the other one's shoes.

GETTING PAST EMOTIONAL WALLS AND RESERVES

Lauren and Todd

5. How did resolving this issue finally knock down the walls that Todd had kept up in the relationship?

GETTING PAST EMOTIONAL WALLS AND RESERVES

Lauren and Todd

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Expert Analysis:

Jealousy can make us recall the bliss we have with our partner that should never be taken for granted. Keep in mind, there will always be someone else out there who would gladly be with the person you are with. This will help you *never* underappreciate them - which could be easy to do if you've been with that partner for such a long time; or if the partner is "too good" to you.

Once the tables turned and Todd felt the exact jealousy Lauren felt when another woman was pursuing him, he was reminded that he could lose her at any moment. Especially if he didn't start knocking down some of the walls he built up around him, what would stop her from running to another man who wouldn't be so guarded? He realized he had to open up her 100% if he wanted to keep her forever, so he began making changes to save their relationship.

As a result of Todd's behavior change, the relationship was able to grow into a long, trusting and healthy marriage.

FRIENDS TURNED LOVERS

Case Study:
Jennifer and Phillip

FRIENDS TURNED LOVERS

Jennifer and Phillip

1. How does minimizing the “seriousness” of a relationship help it grow?

FRIENDS TURNED LOVERS

Jennifer and Phillip

1. How does minimizing the “seriousness” of a relationship help it grow?

Expert Analysis:

Jennifer and Phillip were honest with each other from the start and agreed just to have fun. They took away the worries, high expectations, and stress that are typically associated with being in a relationship; and learned to just do the things they enjoy with each other.

Another thing they didn't do is play games with each other, like some couples do in the beginning of their relationships. Rather than setting strict rules, they kept it simple and just agreed to continually communicate honestly with each other. This allowed them to reach new levels of comfort with each other and develop a real genuine friendship with sexual chemistry.

This is a very powerful way to initiate a relationship because it makes the bliss so much stronger. The best relationships are when the love ‘just happens’ and falls into place naturally without force.

FRIENDS TURNED LOVERS

Jennifer and Phillip

2. What are some of the disadvantages to being 'friends with benefits'?

FRIENDS TURNED LOVERS

Jennifer and Phillip

2. What are some of the disadvantages to being 'friends with benefits'?

Expert Analysis:

No matter how hard either partner tries, the combination of intimacy while not being officially in a relationship over an extended period of time leads to at least one person having stronger feelings for the other. The unclarity of expectations and boundaries makes it difficult to both 1) maintain the friendship and to 2) grow the relationship into something more.

Also, because the friends with benefits frame is established, neither person will want to be the one to break the dynamic in fear of the other person's reaction. No one wants to appear like the weak one ruining all the fun. When Jennifer and Phillip's feelings for each other progressed, their lack of communication had the other person thinking their strong feelings were not being reciprocated.

FRIENDS TURNED LOVERS

Jennifer and Phillip

3. How did a lack of communication cause Jennifer to drift so fast?

FRIENDS TURNED LOVERS

Jennifer and Phillip

3. How did a lack of communication cause Jennifer to drift so fast?

Expert Analysis:

Phillip's phone was not working so he was unable to contact Jennifer like he normally would. This caused her to fall into a state of doubt, thinking Phillip was "done" with her. She feared that she let herself get more attached in the relationship than Phillip was - and that none of her feelings would be returned.

Jennifer immediately rebounded into another relationship in an effort to forget about Phillip. Many times in situations such as this one, couples can force themselves to drift to try to control their life and their emotions, and to also protect their pride.

FRIENDS TURNED LOVERS

Jennifer and Phillip

4. How did time play a factor in Phillip escaping the Death's Door stage?

FRIENDS TURNED LOVERS

Jennifer and Phillip

4. How did time play a factor in Phillip escaping the Death's Door stage?

Expert Analysis:

Phillip and Jennifer chose to put themselves at Death's Door in an attempt to forget about each other and move on. Even though Phillip was tempted to chase Jennifer at that time, he didn't and instead focused on improving himself as a person for a year and a half.

He carefully and strategically re-opened the lines of communication with Jennifer after he gave her some space, and re-assessed how strong his feelings were for her. When he realized he wanted her back, he used the phone as a communication method to suggest a casual meet up "just as friends."

They rebuilt a connection over the phone and via text, which reminded both of them of what it felt like to be back in bliss together.

FRIENDS TURNED LOVERS

Jennifer and Phillip

5. How did Phillip properly act upon his built-up emotions when Jennifer and he finally met up?

FRIENDS TURNED LOVERS

Jennifer and Phillip

5. How did Phillip properly act upon his built-up emotions when Jennifer and he finally met up?

Expert Analysis:

He immediately kissed her, without saying anything. Even if this came as a shock to her, that kiss recalled and reactivated all the former feelings of bliss they shared in the past.

What he did NOT do was bring up past issues or any negative memories they shared. This, again, was a very smart move. Phillip kept things positive and light, and stayed confident and clear on what he wanted. Women want a man who knows what he wants without hesitation, and Phillip successfully demonstrated that to Jennifer here.

Sometimes it is best to put past issues aside, learn from it, move on and act in the moment to get what you want. This is what allowed Phillip and Jennifer to realize their love for each other, put down their walls, and give their relationship the chance it deserves.