

3 Essential Steps To A More Loving Relationship

Even When You Feel Irritable, Resentful,
Or Disconnected



With Hannah Brooks,
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Welcome. I'm so glad you're here. My favorite people are those like you: ready to have more love and connection with their partner. You're a healing force on this earth.

Here are a few quick tips to get you started with this guide:

1. Print out the printer-friendly version [here](#).
2. Click [here](#) to grab your bonus audio, "Harness The Gift of Feelings". It will guide you through the following steps in a more meditative way and help you get it in your bones so you can finally have the easy sweet intimacy with your partner that you really want.
3. Revisit the guide and audio to practice and make the process your own. The 3 essential steps will soon become natural and quick to do! The ease, closeness, and love you start feeling is worth every bit of effort you put in.

Now, in order to have a healthier love life, **you need to start with yourself** — by taking a closer look at the *bad* feelings, like irritation, disconnection, anger, sadness, resentment, guilt, which keep showing up again and again in your relationship.

Because accepting your feelings is the first step to calming them and ***harnessing their gifts***. As crazy as it seems, they do have some good to offer!

I know how bad it feels to be stalked by negativity about your relationship. I see it all the time with my clients — the resentment the loneliness, hurt, annoyance, anger, frustration, helplessness, guilt, shame...I've felt the full range of yucky feelings in my own relationship, too. [Here's a blog post](#) about how these feelings normally wreak havoc in relationships.

It's Not Your Fault, But it is Your Opportunity



Feeling bad about our love lives is epidemic these days. That's because **most of us were never taught how to manage our emotions or how to have healthy relationships**. Instead we were taught algebra and how to diagram sentences.

If we were taught anything about emotions it was that challenging feelings were bad and had no purpose other than inconvenience and misery. So it's not your fault that you don't know how to stop these feelings from creating heartache.

But, without understanding how your harder emotions serve your interests, you risk destroying the potential for a deeply satisfying love in your relationship. If you have a family together this can be a tragedy for everyone, kids included.

If you really want a more loving and supportive relationship, you need to start with learning to manage your emotions productively, instead of letting them manage you. Think of this an opportunity for making a big difference in all of your relationships.

The Power of Emotions

When you understand how to listen to what your challenging emotions really have to tell you you'll:

- *gain easy access to clarity and wisdom about what would help your relationship and address any issue that causes problems.*
- *easily find a response that creates deeper connection with yourself and your significant other*
- *feel more confidence and self-respect because you can handle the hard things so easily.*
- *regain the sense that you have an ally in your partner (instead of an adversary), and feel a secure sense of love and support.*



Learn more about how good it can be when you harness the power of your emotions, along with an example from my life of how this process works [here](#).

Normally, when a bad emotion arises, **we react or retaliate against it.** This could look like slamming a door, saying something you later regret, or trying to make your partner do something to stop the feeling (demanding, controlling, complaining).

Or, we withdraw and avoid. This shows up as giving the cold shoulder, not making eye contact with your partner, and feeling dull, hollow, disconnected.

If any of this sounds familiar, know this: **these uncomfortable feelings are not enemies to be resisted.** In fact, they are good friends with information to guide you back to happier terrain. If you stop judging and resisting them long enough to listen to what they have to tell you. Dig in below to learn more and experience it yourself.

THE 3 ESSENTIAL STEPS TO HARNESS THE POWER OF YOUR EMOTIONS

1. Calm With Kind Curiosity

Be kind to yourself and to your feelings when they arise. The act of witnessing and allowing what is happening emotionally is so powerful and will help calm and sooth you.

Try this:

Practice taking that kind attitude right now towards your feelings. It's important to try this at first when you aren't too upset (a little is fine, even good, for this exercise, though):

Imagine right now that you are infusing yourself with a gentle curiosity towards your emotional life that will be available in the hard moments. Do not resist your experience. Simply observe it, the way you would a bird in the palm of your hand—kindly, with curiosity .

What do you notice you are feeling? _____

Where in your body do you feel it? _____

Try naming the emotions: _____

Experience and allow them to exist for 90 seconds or so. That's how long any strong emotion will last, typically. You can handle that, right? I promise they won't kill you.

Normally, this act of gently witnessing how you feel will begin to calm the emotional storm and bring you more ease and clarity.

Now, take this a bit further. Practice taking that same kind curious attitude towards what's going on in your mind. You might have noticed that ticker tape of your thoughts

running constantly in the background: your mind has things to say, often not-so-nice things! Those thoughts are contributing to your icky emotions (or are even their source).

Unfortunately, our mind's favorite activities can be pretty negative. They include *catastrophizing, ruminating, shaming, judging oneself and others, analyzing and comparing oneself to others or to our own ideals*. **Our thoughts create suffering if we let them!**

But you can start taking back control of them, and therefore how you feel, by becoming aware that these are **simply thoughts, and not necessarily the truth**. That awareness will take away some of their power, and ease strong emotional reactions.

Try this now: Notice your thoughts the way you would watch a movie from the back of a theater, knowing with at least some part of yourself that they aren't necessarily true. Ask yourself and fill in the blanks:



What's my mind doing? _____

What thoughts am I thinking? _____

Which negative activities is your mind participating in, if any (see above for a list)?

Hint: Take this time to investigate if your thoughts are actually true, or just fictions, by asking, "Is that a fact?".

Now turn back to feeling. What's shifted? _____

2. Find Treasure Under The Surface

Now that you are in a less reactive, more accepting and aware state, **go on to notice what you need to do, say, hear, or receive.** Your so-called “negative emotions” (or the wise part of you that communicates through them) can help you know what’s needed if you listen to what they have to say.

Try This: Again, practice this “off-stage” (when you aren’t too upset and are alone) so you get good at it, after step 1 and 2 . (Later you’ll do this “on-stage” when intense emotions arise. That’s when you’re likely to find a treasure trove of answers...)

To discover what your emotions are really telling you, ask: **“What is your message for me?”**, or **“What might be needed now?”**. Simply notice what comes up in your thoughts. In your body. In your heart. It’s okay if the message is kind of “weird”.

Write down what comes up here:

Note: The point is to discover what will remedy the issue, not more of what’s wrong. If what comes up is only blame towards your partner or yourself, ask, *“What’s the deeper message is under that?”* or *“What really needs to be known?”* At some point, now or later, some clarity or insight will emerge.

Often, you will discover that the message is something that you can do for yourself (like resting), or for your partner. Or it is something you can communicate easily from this new place of clarity and empowerment. It may be small, like, “Take 5 minutes to yourself.” or something larger, like “Communicate how this problem is affecting you.” or “Make amends”. (You’ll find tips on how to do such things over [on the blog.](#))

3. Act On Insight For Real Results

Now that you've listened to your own wisdom and discovered what you need or want, you'll need **put it into action to get results**. This is how you make real changes in your relationship.

Take one small action (or more) based on what your emotions had to tell you.

For example, if you discovered you need some extra care or nurturance, either **give it to yourself** (there are lots of ways to do this that are satisfying!) or **ask for it kindly**—from your partner, or a friend, or even a pet!

If you can communicate with your partner about what you've discovered with authenticity, vulnerability, and compassion, you'll be much more likely to get what you want! (Look for specific tips on this in an upcoming email).

Take action today:

I will ask for: _____

I will give myself: _____



Put It All Into Practice

Practice these steps regularly “offstage” (when you aren’t in a heated interaction with your partner) so it becomes easier and more natural. (This is where the audio comes in really handy.) To do so plan out 5 times (when you’re not super upset and are alone) you will try this over the next week:

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

Now, make a plan to prepare for the next time you get upset! List 5 things your partner does that tend to trigger bad feelings in you, which you anticipate may come up in the next week or so:

1. _____
2. _____
3. _____
4. _____
5. _____

Now, “onstage”, when a real-time event is triggering you and you feel upset about something that happened, do the whole process. Here’s some notes on how:

1. As you get the first sense of your belly clenching or heart wrenching or those bad feelings swelling up, notice those feelings and what’s in your mind, too., with kindness.
2. If you were in the middle of an interaction with your partner, it can help to leave the room and go be alone (just tell them you need a few minutes and you’ll be back). You’ll eventually be able to do the whole process right there with your partner nearby. That’s where you can move onto step 2, or do the whole guided audio.
3. Act on what you discovered, either alone or by re-joining your partner and sharing.

As you get good at this process, you naturally become more clear, conscious, educated about yourself, and more able to meet your own needs. **And as you change how you relate to yourself and him, you'll change the whole dynamic in your relationship!**

With your leadership, he'll instinctively change the way he relates to you and begin to understand and sense you better, and finally know how to give you the love you long for.



Taking action on your emotions' guidance shows you that you can trust yourself, so it is easier to do this process the next time some challenge arises. And the next time. Until you're a powerful leader of your life and thrilled by the amount of **love, ease, and support** you feel in your relationship.

HI, I'M HANNAH BROOKS

I'm a relationship coach for caring, sensitive women, who are tired of feeling resentful, disconnected, lonely, and easily upset with their partner.



They care about their partner and want more connection and ease in their relationship. But they're not sure how to make things better.

I help them reconnect with their partner and create the intimate, close, fulfilling relationship they want so they can be on the same team again and feel appreciated, no matter what.

I myself was born an easily-rattled girl who feels things deeply and has the tendency to take life and myself really seriously. Despite this, having the loving, emotionally intimate relationship you want with your partner is really possible, even after years of unhappiness in your love life. I know because I've done it.

That real love you dream of isn't about luck, it's about learning.

If you want to feel more even keeled when it's bumpy, to stop questioning if it can last, to laugh and cuddle again like you once did, to be the couple who still walks together hand in hand into old age...

I'm here to help.

[Learn more and get started here.](#)