



# A NOTE FROM ME TO YOU

Hi there,

I'm so glad you've decided to take this course.

You might be taking it alone or with your partner.

*If you're taking this course with a partner...super! You're in a great position to heal past wounds and move forward in your relationship with greater harmony.*

*If you're taking this course alone...good for you! You can go through this process yourself or with the help of a trusted friend and repair the harmful events in your relationship. Doing so will transform the relationship for both you and your partner. If you don't have a trusted friend, you can use a journal to complete the exercises instead.*

Either way, in this course, I'm going to walk you through the steps to heal the past so that you and your partner can move forward together with a clean slate,

Please see the next page for a brief overview of what you'll do in this course.

I look forward to helping you heal the hurts that are holding your relationship back.

Sincerely,

*Amy*

**I want to give you credit: It takes courage to admit your relationship isn't where you'd like it to be, and it takes strength to go through the steps of repairing it.**

PS - This course is not designed for anyone in an abusive relationship. If you are in an abusive relationship, please ensure your safety and seek individual therapy first.



# HOW TO HEAL: COURSE OVERVIEW

- 1.** Read this handout and watch the first video: “What to Expect from this Course.”
- 2.** Watch the video called “The Five Rules of the Road.” In this lesson, I’ll explain some basic guidelines to follow for success. (If you’re doing this course to heal from an affair, the next step for you will be to watch the supplementary video called “How to Repair After an Affair.”)
- 3.** Next, you’ll complete an exercise I call “The Relationship Crimeline.” I’ll explain why I call it that in the video.

After watching “The Relationship Timeline (Crimeline)” video, I would like you to fill out the Relationship Crimeline just like you would a timeline. You will highlight key moments of hurt in your relationship along the timeline in chronological order, beginning early in your relationship and ending with today.

You will use the “Powerful Feelings” worksheet to help you identify how you felt in those difficult moments. This worksheet will be used as a guide in another video. Please don’t share your timeline with your partner.



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### 4.

You'll need 90 uninterrupted minutes to complete the section of the course called "Healing Your Relationship." Here's what's going to happen:

You'll watch the videos "How to Hear Your Partner," "4 Ways to Validate Your Partner," and "Repairing the Past."

In the "Repairing the Past" video, there will be a pause for the first person to share their story: This is the story of what happened in the course of your relationship that got you to the difficult place you are at now.

The first speaker will use their "Relationship Crimeline (Timeline)" and "Powerful Feelings" worksheets as a guide to share their story. Each person should take around 20 minutes to share their story.

*If you're doing this course alone...you'll share your story with a trusted friend or you'll write it out in a journal.*

*If you're doing this course with a partner or friend....When it's your turn to listen, please listen all the way through your partner's story without interruption.*

When sharing your story, please use "I" statements rather than "you" statements. For example, "I felt neglected when you left the hospital to have dinner with your friends right after our son was born." If you are the listener, please be empathetic in your listening as these are vulnerable hurts.



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- 5.** Next comes the most important part of the course: whole-hearted validations. You have already watched the video called “4 Ways to Validate Your Partner.” Use the worksheet from the “4 Ways to Validate Your Partner” lesson to help you validate your partner or friend’s story.

Please stay away from defensive, justifying and minimizing statements. When you are done validating, ask your partner, “Did I miss anything?” and allow for additional information. Validate what you can about anything your partner adds.

- 6.** *If you’re doing this course with a partner...you will switch roles. While the second partner is sharing their story, the listener should remain focused and not interrupt. Once the speaker is done telling their story, the listener will whole-heartedly validate the story and ask if they missed anything.*

- 7.** Next, watch the videos called “My 5 Big Hurts” and “Where Do Our Injuries Come From?”

*If you’re doing this course with a partner... You will ask, “Tell me about a time you were YOUNGER and also felt...” and then you will insert the first Big Hurt your partner circled.*

In answering, the partner will reply with a memory from their childhood. Think about experiences and memories with parents, siblings, caregivers, school years or young relationships. They will not answer with an experience from this relationship.

Repeat this question for each of the hurts your partner circled. Don’t worry if your partner can’t connect all hurts to childhood.



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When the first person is done connecting all the Big Hurts to their younger years, you can then switch roles. Please be kind with your partner's Big Hurts.

*If you're doing this course alone...* a trusted friend can say, "Tell me about a time when you felt..." Or, instead, you can record the answers in your journal.

**8.** You will then complete the worksheet called "My Commitments Going Forward."

*If you're doing this with a partner...*each of you will write down your commitments to improve the relationship. You'll also write what you need from your partner in order to build trust moving forward. Make sure there is agreement on these items.

*If you're doing this course alone...*consider asking your partner, "Is there anything I could do for you to improve our relationship?"

**9.** Give yourselves credit for what you have just completed. You have just healed old hurts and are ready to start with a fresh slate!

**10.** Use this tool again (or an abbreviated version of it) after each conflict or when you notice you move into disharmony in the future. This will be your tool for repair going forward. It will help ensure that resentments don't accumulate

**Note: If you try to repair on your own and are unsuccessful, get calm and try again. If it doesn't go well even after a few tries, please visit a couples therapist. I offer an intensive model to help couples repair infidelities if they are unable to do so on their own. You can [visit my website](#) for more information.**