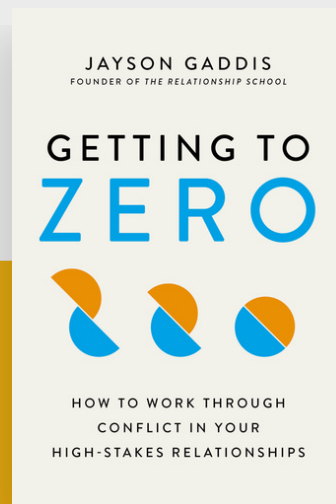




Getting to Zero

THE HIGHLY ANTICIPATED BOOK FROM
RELATIONSHIP EXPERT, **JAYSON GADDIS**



5 STEPS TO CALM DOWN FAST DURING A CONFLICT

Here's a summary of what you learned using simple formula I created years ago that can help you be with yourself and get clear on what's going on inside you and what type of conflict you're in. That way when you come back to the other person, you can own up to your part and work to resolve the conflict.

1 STOP (PAUSE).

WHEN YOU'RE AT YOUR THRESHOLD AND THINGS ARE GOING NOWHERE, OR YOUR SCARED ANIMAL (OR THEIRS) IS RUNNING THE SHOW, DO YOUR BEST TO PAUSE THE INTERACTION. DON'T LET THE FIGHT GET OUT OF CONTROL. TELL YOUR FRIEND OR PARTNER YOU NEED A SHORT BREAK (NOT A BREAK UP), YOU CARE ABOUT UNDERSTANDING THEM, AND TELL THEM WHEN YOU WILL RETURN (5-30 MINUTES, REMEMBER, YOU'VE ALREADY SET CONTEXT FOR THIS).

2 DROP.

NOW THAT YOU HAVE SOME SPACE, YOU CAN "DROP IN" TO YOUR INNER WORLD. PUT YOUR ATTENTION ON WHAT'S GOING ON INTERNALLY. GO TO A SPACE THAT ALLOWS YOU TO BE ALONE AND INTERNALLY FOCUSED: YOUR ROOM, OFFICE, YOUR CAR, OR OUTSIDE. DO THE NESTR MEDITATION AND GO THROUGH EACH LETTER SLOWLY.

3 FEEL.

FEEL YOUR FEELINGS AND SENSATIONS JUST LIKE WAVES! OBSERVE HOW WILD YOUR MIND IS. SEE IF YOU CAN WATCH AND FEEL THE DISPLAY. JUST GET PRESENT WITH THE FEELING. FEEL ALL OF IT. IF YOU NEED TO CRY, CRY. IF YOU NEED TO TREMBLE, DO THAT. IF YOU ARE MAD, TRY CLOSING YOUR EYES, TAKE OFF THE LABEL "MAD" AND JUST FEEL THE SENSATION RIPPING THROUGH YOUR BODY. WHEN YOU FEEL YOUR EMOTIONS AND SENSATIONS, YOU'RE HELPING YOURSELF COME BACK INTO THE FRONT SEAT WHERE YOU CAN DRIVE.

4 DEAL.

DEALING MEANS, DEAL WITH YOURSELF USING SELF-REFLECTION AND SELF INQUIRY. MOVE INTO THE QUESTION "WHAT IS MY PART?" CONTINUE TO LOOK FOR WHERE YOU ARE PERSONALLY RESPONSIBLE. DO THE CONFLICT BOX AS WELL AS SOME OF THE OTHER SELF-INQUIRY QUESTIONS TO HELP YOU GET CLEAR ON WHAT HAPPENED AND HOW YOU WANT TO RECONNECT.

5 GET REAL.

GETTING REAL MEANS WE ARE ABOUT TO RETURN TO THE OTHER PERSON, OWN UP TO OUR PART, AND RECONNECT. IN CHAPTER 13 YOU'LL GET SOME BASIC STEPS ON HOW TO SPEAK TO THEM. FOLLOW THOSE STEPS FOR BEST RESULTS.

THESE FIVE EASY-TO-REMEMBER STEPS ARE JUST ANOTHER WAY FOR YOU TO BE WITH YOURSELF AND HANDLE YOUR STRONG EMOTIONAL REACTION SO YOU CAN REPAIR AND RECONNECT MORE EFFECTIVELY.