



Tool Transcript

Context

In this call Jayson reminds us what the number one tool is above any other tool—context. We learn Jayson’s definition of context, why context is the number one tool to get first, how it sets you up for relationship success and the additional purpose of relationship after you adopt the context.

The question is, 'What do you think the number one tool or the very first tool I would teach you is, if you were having a relationship challenge?' I wanted to start with the whole map and what's the first thing you need.

So, I'm getting Becky saying, 'NEST' Nora's saying 'Controlling your own reactivity' any other guesses? Slow down. Pause. NEST. Okay, nice. 'POS' says Matthew. Doing conflict, someone else says. Okay, I like these, these are all really important and not quite. The number one tool, the number one thing I teach

pretty much everybody that comes into my office, get's on the phone with me or any class, I always start with the context. Context.

1:12

Why? The overarching, 'hold on a second, what is the whole point of a relationship' here? What do you need to get before we can proceed? Context. So, I'm going to riff on that for a minute. You all have heard this before but this is a way of having an archive recording in the Roots Community. I'm going to say it again because I can't go over this enough. It's amazing even if I've worked with someone for many months, that they kind of forget the context and they get stuck in content and they are putting out fires. The context is what holds the relationship. It's holding everything. Yesterday, on Facebook I asked a question, 'What is the whole point of marriage?' and it's worth going on my feed and reading people's answers. There are like one hundred and fifty answers there. It's fascinating what people believe the context for marriage is.

2:22

So, context in my world, which means setting you up for a successful marriage or long-term partnership is that your relationship is teaching you how to grow. It's designed to get you to grow. It is a growth machine. If you get on board with that

context. If you're like most people, they're stuck in 'Relationship is here to make me happy', 'My partner is here to make my life better' etc, etc. A lot of people are stuck in the paradigm and the mentality that relationship is supposed to help me feel okay or good or better and I don't want to live alone, so I would rather share my life with someone. That's all understandable. Really understandable and yet it's not going to get it done if you want long term relationship deepening and success. That view is outdated.

3:31

As we've talked about, people purchase marriage, the view of marriage as a bit romantic and a bit of a fantasy, that 'When I finally meet my knight in shining armour' or 'When I finally meet the one, then things will be great'. When you're quote 'falling in love' which basically means you're infatuated, you are getting all of this dopamine and it feels really good and you're in the warm, fuzzy stage but you all know from your own experience --- live with the person, it's going to get hard. They are going to annoy you and upset you and all of that. And, if you can have all of my tools; you can have the POS and conflict tools and how to set a boundary and you can have all of that but if you don't have the view, you're screwed still! Because none of those tools will work unless you're coming from a paradigm and an overarching view that relationship is designed to get me to grow.

4:36

Every time I'm triggered by my Wife or Husband, I get to grow. I have an opportunity here and the steps are laid out sequentially in your own life. The highest triggering thing, is the thing you need to work on the most. So, everything that irritates you about your partner, every behaviour your kids bring that upset you, anything, that is all the steps. That's the sequence. That's where you go. You go directly into the fire of that trigger and deal with it and face it and the more you do, because you have a context, you have this context, 'the relationship is growth' I tackle that issue. I get some space around it, I'm less reactive and now I'm starting to feel pretty good. And, now I can connect with you because I've gotten some baggage that was between you and I, out of the way. I've minimised it, I've diminished it or I've tackled it and I am in the drivers seat. I'm not going to let that take me out and make me blame you and make you wrong.

5:57

This is tool number one - you must get the overarching context of any relationship, long term intimacy, marriage etc. You're just going to set yourself up for more success and if both of you are on that page and that wave length, it's even better. As I've said, the keys to a successful long-term relationship --- one of them is a shared context and what are the other two? Shared language and

shared tools. Shared language is things like, 'I feel mad...' you use, 'I feel' statements, you use 'I' statements, responsible language. Tools are everything we're going to cover and that a lot of you already know many of my tools or 'The Tools'. Most of them aren't mine per se, they're coming from all kinds of places.

7:15

Alright, so, just remember that in your family or with your intimate partner, that having the right context, a powerful context that holds that there is no problem in a relationship even if there is abuse going on. That's not a problem because it's being held in this container that shows you what this is about for you and what you need to work on. You need to work on boundaries, you need to work on standing up for yourself, you need to work on calling the police, you need to work on if someone is quote 'abusing' you. Our relationships are the vehicle to get us to grow. Period. It's really beautiful. And, I'll just add one nugget here, one of the things that I am working on which is kind of this foundational blog post right now that I'm almost done with of, 'What's the point of marriage?' That's why I blasted Facebook yesterday and said, 'I want to hear what their opinions are. Right now. Today.'

8:25

The other kind of purpose of a relationship or marriage, in addition to getting us to grow, is we can learn how to find the synergistic connection between us that I call a secure home base. That Stan Tatkin calls, 'Secure Functioning' and the is really beautiful because this is the house and the well that we come drink from and that we come to as it's safe, we come hang out in together. If you and I are in a long-term relationship, we go for a secure home base, that's an anchor point for us. When we can maintain a secure home base, the growth is even more catapulted, it's optimal for growth. If you think about children, the optimal environment that you can raise kids in, is one that is safe. Their brain literally grows quicker and faster and better and more effectively and the kids can learn more because their nervous system is chilled out. So, when we feel safe, i.e. 'secure home base' we then have the luxury and privilege and opportunity to grow in a way that we're destined to grow and designed to do so.

9:47