I mean, it sounds mean to say I resent my partner for getting sick, but that's just normal, that happens. What goes wrong is if the relationship can't make space for that resentment.

And when the relationships can make for us to talk about that resentment, That's how we help that, resentment go away. As a guy, the first thing that comes to my mind is like, man, could I ever say that out loud?

Would there be backlash? If you're overwhelmed with chronic health symptoms and still don't have answers, you are not alone. I'm Dr. Javan and on redefining wellness with Dr Javin, we'll be exploring root causes like Lyme disease, mold and parasites.

And I'll guide you with simple and practical steps towards real healing. Hello and welcome back to another episode of redefine wellness center. Im your host Dr, Javon Moore and today I am speaking with Julie Manano and we're going to be talking about how Sometimes can become that third person in your relationship and how that affects just who you're being able to be around and with and Honestly, I see this all the time people trying to navigate their ability to Be with the ones that they love but also take care of themselves.

So Julie, thank you so much for joining me today You're so welcome. It's great to meet here. Thanks for having me so Just diving into this, can you explain how illness can impact a relationship?

Absolutely. So, you know, well, it's a tricky, tricky topic because it involves, You know it touches every part of a couple's life together. It touches their ability to connect.

It touches their finances, their resources, there ability, to help each other with life and parenting and mood and, you know, climate of the room when we're going to sleep at night.

I mean, it touches every part of life. And so I always like to say, when there's a difficult topic that couples are facing together, they're dealing with a lot of fear.

in that conversation. And there's always two layers of fear, right? The first layer is the fear around the illness itself. Both partners are carrying a lot of that.

Just illness, itself, contains fear naturally. Fear of, is this ever going to get better? Fear, of how's this affecting us? How's my, how is affecting me?

Is this, ever gonna end? Fear and loss around not being able to do the things that you used to be able do. And the other partner, fear of loss. Fear of losing connection.

fear Of not getting the help and support that You need with life, if that's what's happening. Uh, Fear Of losing your partner. Fears of loosing your own life.

So we already have a lot of fear just because there's an illness. and then we have the relationship fears that can pop up when we start talking about the topic together.

And couples, when they're dealing with fears around a topic, whether it's illness or money or parenting or whatever it is, it a high stakes topic. They're really vulnerable to talking that those fears can take over their nervous systems and make them very vulnerable talking about the topic in a way that leaves them both feeling bad.

Leaves them feeling hurt, misunderstood, unsupported, attacked, criticized, you know, whatever. It is shamed. And then we have a real problem because now we've all the fears around the illness and we all have the fear around how they're talking to each other about the illnesses.

And that puts them in a situation where they are both maybe starting to get reactive because they aren't knowing how to contain those fears all around this whole topic and reach eachother in way that feels connecting and supportive and loving so that they can kind of come together as a team and figure out how to navigate this illness that's a part of our lives, even if we didn't choose for it to be.

Does that make sense? It does. It sounds like people are getting stuck in this, this almost freeze state. And we talk about Michael and a lot of fight, flight, freeze.

This may not quite be the same nervous system state, but almost the Same conversational relationship communication state of they're just frozen because they don't know how To communicate about it, which, leads to fear, anger, animosity, maybe even resentment.

Do you find that that starts to happen between the couple when that freeze, that lack of communication starts happen? Absolutely. I mean, I think that, you know, Theoretically, I mean, any couple can navigate an illness together if they're talking about it in a way that is bringing them closer instead of pushing them away from each other.

I, mean that doesn't mean it's going to hurt, not hurt. Um, but, um, the resentment, you know, let, say, first of all, resentment over a partner getting sick is a normal feeling.

It sounds mean. Right. to say I resent my partner for getting sick. But that's just normal. That happens. What goes wrong is if the relationship can't make space for that resentment.

And when the relationships can make spaces for us to talk about that resentment, that is how we help that that go away. So let's say, you know, a partner, one partner gets some sort of chronic health issue that is really compromising their ability to show up in life and in all the ways.

And the other partner is over there understanding it and gets it. It's like, I get that they're not choosing this and it's not their fault, but I'm still mad about it, and I wish I wasn't.

I don't know why I am still not about. So when they are talking about this together, the partner who is carrying some anger comes at it like cold or uncaring and sends the other partner, the sick partner the message, um, I'm not, you know, not really being empathic here.

Um, then what's going to happen to the stick partner? The sick partners going feel hurt and dropped and then they're going get defensive and say, well, your just a jerk.

Why can't you be a good partner. You know? Remember in sickness and in health, and they are going fight about it. But what if instead we made space for that first partner to at some point, not leading with this because they're not the sick one, but at point being able to say, look, I have so much compassion and I'm so sorry and have much understanding and hate to this, there's this part of me that's just mad about it.

I am just made because you being compromised, it is impacting me. It is causing me to feel stress and disconnection and miss you. and the sick partner is able to say, of course, it's affecting you.

Of course it is, I get that, and I can see that. I could join you in the way that this is impacting you too. Now again, we don't want the non-sick partner to lead with that but that needs to be a safe, there needs be safe space between the two of them to talk about all the different layers of feelings that can exist around this illness, including the ways the none-ill partner has impacted.

And then when that non-ill partner feels hurt and held in their own discomfort and has some space to put words to that, that's what makes those feelings go away.

When they get some place to be, they gets some light shine on them, and they some comfort around that too. That I'm impacted here too, I say that because that a lot of the place where couples dealing with an illness get stuck is

when the partner that isn't ill isn't getting space to have their feelings about it be held to.

And just listening to you say this, I'm thinking through the people that I work with every day, complex chronic illness, mast cell, Lyme, mold. I mean, that statement that you just made seems so healing for the couples.

Geez, getting on a call with a husband and a wife, where the husband's supportive, Cause I'll just be honest, 90% of the people that I work with are women.

So the husbands are there and they're on the call and their supportive, but they don't understand. They don' feel it because they are not living it. And I'm sure there is some of those feelings that you mentioned.

And I can't imagine being the husband going, I'm mad about this and that going over well, just in society's conversations that we have today. But how healing would it be if it was understood, reciprocated, and then there was a conversation had where they could both just chat about it without long-term feelings being hurt, causing more problems, which as a guy, that's the first thing that comes to my mind is like, man, could I ever say that out loud?

Like would there be backlash? Well, it depends. I mean, let me, Let me add a couple of caveats there. First of all, we don't want to end with the mad under the, mad is fear.

And under fear is a lot of vulnerability. So we're really just putting words to the MAD, even if we Don't put words through it all to get down into those deeper feelings so they can share they're being impacted too, because this is trauma for them too.

and so, Um, it's not like I'm mad at you, you know, It's like, yeah, I notice I do feel some anger around this and underneath that anger is fear. And of course someone needs to tell them how to talk about some of these feelings sometimes, right?

But what happens if they don't? And I am sure that you've noticed this with your, your patients that work with that. If that non-illness husband, most of the time doesn't have space to put words to their feelings.

How might that come out in their relationship anyway? Yeah. It's not going to come up. Well, if you're bottling stuff up, holding stuff in, it's just going.

To grow is going, to grow and fester and worsen, which can lead to. I mean, I've seen it happen. it can. Lead to divorce, It can, lead. Yes. Separation.

So is there a, just want to tell you too, i've been there, right? I have personal experience with this. And do you mind if I go ahead? If I, okay. because I did, I do have chronic issues.

I have the whole list of the women, you know, what your, the thyroid, they adrenal gland. And I mean the, whole thing, right? That women today are really struggling with and it has impacted my relationship with my husband and he's, wasn't a person who knew how to talk about how he was impacted by it all.

He, tried to be as supportive as possible and But it did put a lot of burden on him for some years when things were really bad. And we got into that cycle where it was like, you're not supportive enough because I could, because women know when those feelings are there.

We know they're there, right? We sense them and they are not being talked about and that makes it worse. So it really did shift things dramatically when I intentionally made space for him to share with me how he was impacted by all of it.

and gave him the space to say, yeah, this is scary for me. This is a lot for, you know, what I thought my life would look like. And it helped a ton for both of us because it got the energy out and it really truly gave me an opportunity to support him and feel like there was some reciprocation.

It helped both us feel now we're on the same team. We're both battling this thing that's hurting both of us instead of it just be being so like one sided or whatever.

It felt, it felt more like a team, like we were both impacted by this. Were not isolated individuals here. Yeah. Cause I, I just know being on these calls, having these conversations, have the support person there on call, there is some eggshells being walked on for the, the non sick individual.

They're just trying to do everything they can, being at the good support that they are. So they're self-sacrificing, which is, it can be okay for a period of time, but chronic illness is chronic.

This is not, I can run a wind sprint a hundred meters and be done and hold this together. We're doing a marathon. Or maybe we're doin' an ultra marathon, we getting a 100 miles in.

And is there a, Is there one red flag that you think would predict divorce in this? I mean, I think if, if the couple, If it, you know, and I would say this for any significant stress on a couple's relationship.

If the way that they're talking about that stress is causing them to feel, um, a lack of emotional safety and a, lack emotional closeness. and it's driving a wedge between them because of the way they're talking about it, then yes, that would be the red flag.

Really, it is going to come down to how do you guys talk about this? Is there space for everyone's feelings? Are we getting stuck into these negative cycles where we just walk away feeling unheard, misunderstood, invalidated, unappreciated?

Or are we able to kind of come together and get vulnerable about connect around it and really see each other how we're both being impacted and have space for those that shared experience before we try to figure out what supplement we are going to try or which doctor we will go with.

I always say couples are always trying to have one of three conversations. They are either trying connect or they are trying find a solution to a problem or trying make a repair.

And if they're trying to do all three of that at once, they are not going to get anywhere. One partner is trying just to find a solution, the other one is just trying feel heard, one's trying be appreciated, feel appreciated.

The other ones, you know, trying talk about something that happened 10 years ago. So, if I can get couples talking about the thing, money, illness, whatever, parenting, chores, in a way that is connecting first.

let's get down into the human parts of us. Let's join each other here. Lets really see each. Other here, let us really understand each, other, here that's really open up our hearts to empathy here and then say, okay, from that foundation that we just created together, Let us come up with some sort of plan that can work for both of.

If they can't do that. Yeah. I mean, there's a, There's, a potential there that a the relationship could end in divorce or B it could just really get damaged.

So as I'm listening here, I am thinking to myself, and I feel like there's maybe some differentiation that I have to ask about first. Sure. Within chronic illness, the majority of people that are chronic fatigue syndrome, that our fibromyalgia, they're autoimmune or women.

So just putting that out there when I asked the question, the audience that I think that i'm asking about, not that men can't be, they definitely can.

I do see some men that have illness, but in those categories, I'm actually looking up the statistics because I just like, is this just who I talk to versus the reality of it?

But men and women, do they communicate differently? So when you get married and you say, and in sickness and

health, Do men and women actually mean different things?

Is it the same thing? How has it acted upon? Well, I mean, probably both of them go into in sickness and in health. I would imagine not really thinking clearly about that line to begin with.

What does that even mean? When we're healthy and we get married, it's easy to just think, oh, that'll never happen. I think I don't, I'm sorry. I Think I Don't quite understand the question.

Can you just rephrase that for me? Yeah. My question is because I speak to women most of my day and I have honestly learned so much about women and how they think and they just think so differently.

Then then at least what I think like on a normal basis and even in my personal relationships, I'm getting married very soon. And the way that I communicate with the women close by to me, even though I still can say some dumb things and I can miss some emotions.

I also then turn around. I am really sorry that did not come out the way that it should have been. I'm a little more, um, trained to be empathetic than my nature is.

And that could just be who I. But within communication, especially around health, have you noticed a difference in communication styles, understandings?

for what men and women, how they communicate, How they understand the value of health. I know I just said it way too long and long worded. But I think that, you know, the first thing is that we have these attachment styles that come into play here, right?

And so we Have 75% of those with avoidant attachment are men. And 75 percent of Those with anxious attachment or women. So already we Right. And so that sounds like a disaster.

Yeah. So I think that a lot of times what happens is those with avoidant attachment, whether they're male or female, their way of regulating their emotions is indirectly their wave.

Regulating their motions is, is planning solutions, staying in your head. Um, you know, they are not, not thinking so much about how to say things in a way that that creates emotional safety.

They're just in solution mindset, right? And then we have women who are, you know, whether they have an anxious attachment or not, are usually needing to know that we're emotionally safe.

I mean, we are more vulnerable, like physically more, vulnerable right, just, in the world. So emotional, safety, I think is a little more on the forefront of a woman's mind than it is, a man's So we're constantly kind of scanning, and people with anxious attachment more so, we are constantly scanning for, is this person safe?

Does this care about me? does this have my back? And when someone's in solution-focused mindset, it can be really easy to deliver information that's not so emotionally savvy, that doesn't feel so emotional safe.

And sometimes what the woman is really asking for is, can you understand me. Is this too much for you? Can you make sense of me? Do you care? Are you concerned about my health?

You have empathy for me. And the man is trying to say those things by being the helper. He's trying. It doesn't know that he's not. There can be a miss there.

So yes. Then what happens is they have the miss where one is over here in solution focus and the way they're delivering that information isn't landing as emotionally safe.

The other one's over going, I don't want to talk about a solution. I just want feel safe first. And so they have this miss and then they don' know what to do with that miss.

They don''t know how to reach each other. Then instead of knowing how reach other, the woman gets protest and tells them what a jerk he is and the man starts distancing and just wants to get out of there or defending himself and next thing you know things are getting worse and they''re now going into this anxious, avoidant negative cycle that I talk about a lot in my work where one's pursuing and attacking and the other one is defending and shutting down.

Well, I definitely want to dive into that a little more because I was about to ask a question about, wow, from what you're describing, um, can say I probably am very guilty as a provider and a male of being solution oriented way too much, so much so that Some female in my life.

I wish I could give her credit right now telling me that she didn't want a solution. She just wanted me to listen in My early 30s and then since then in relationships, I would just ask do you want me To solve this problem or listen?

Because and immediately anytime someone gives me a problem like well, here's a Solution the best I can get right like that's just the operation the mode that I go into and before I ask the My follow up to what you just said because I'm very curious about negative cycles.

I did do the research on the data wire sitting here and I asked about auto immunities fibromyalgia chronic fatigues and it's somewhere between 80 and 90% are women.

Yeah, so When we're talking about these chronic conditions that are not acute, that honestly change the capacity for a person to show up the way that they did, maybe when you met them and married them, and got to a relationship with them.

These conditions, they don't take you away physiologically. They take away almost interactively, they can crush a libido. They can change the, I guess you could say spark that some people have the fun that.

But yet you're still there. Um, a lot of those conditions are heavily, at least by the ones I looked up female in percentage. So then that leads me into the negative cycle that you talked about.

Does your attachment style. when adding negative health impact, supercharge these negative cycles to some degree? Absolutely. Absolutely, because they cause stress.

So let's just say most people with anxious attachment are women. And if you look at that 75%, it's lining up fairly well with the percentage of women that have these chronic illnesses, right?

I just don't think the female body is designed to take as much stress as we are under as women. I want you to keep going, but let me just jump in there with some of the facts on that.

Studies show women need more sleep, eight to nine hours. We're now getting like six. Men need seven, so there's less of a deficit. men have extra organs, testicles that produce testosterone, the main hormone that drives us.

Not to say that women don't use testosterone. They absolutely do. we just have an organ to produce it. where women, they produce a lot of this out of their adrenals, especially late 30s, 40s and 50s when a lotta these chronic conditions come in, and your adenals also are your stress hormone producers.

So I can produce testosterone and cortisol. They are inversely related, meaning you decrease testosterone with too much cortisol, but short-term, you actually can produced more.

so I can pick myself up. So there's some of the, just the science to go with your statement. Um, men and women are definitely designed to, to hormonally operate differently.

I think so too. Please keep going. Uh, I'm just filling in a bubble. Yeah, no, that's really good to know. And I didn't know those numbers and that is really, really informative.

um, you know, if you just, If you really just take it back to the basics of cave, of Cavemen, right? I mean, men are more designed to be out there battling intense amounts of stress and the elements with hunting and animals and, you know, nature and all of these things to get food.

Well, what are women doing? They're nurturing, they're breastfeeding, carrying babies. I mean, that's so black and white, and it's not like that the world that we're living in now.

But it does seem to me that men bodies have adapted more to dealing with a lot of stress than women's. I'm probably going to get canceled for saying this.

Well, let me give you some data to back you up. Okay. They've done some studies and it's preliminary, right? Um, meaning it is not a thousand percent accepted, but the data is here and the date shows that PCOS, which is oftentimes a hormone shift leading to estrogen dominance.

Um. and then other hormonal dysfunctions are associated to stress. So if I take a woman and I put her in significant stress, whether that be trauma, or that'd be work-life balance, even working out too hard, hormones start shifting in a way that becomes a little more masculine.

Progesterone goes down, you may not clear estrogen as well, so estrogen may go up, testosterone may start to go, hair fertility goes up. What you're saying is basically, a woman who is pushing too hard, your body starts to shift out of reproductive, fertility, femininity, and into more anabolic, more survival mechanisms.

You can call it male versus female, or you can just call survival. We just go into survival mode. And survival mood represents hormonal changes that can look a little bit more masculine by societal standards.

Right, and then the cost is what? What's the costs to that? Yeah. Everything sort of starts to break down. We're asking something to do, something it's not really designed to.

It's adapting to it as an emergency strategy, I would suppose. But it is not working so well. No, no. I mean, IC come in on the labs. And whether it be your hormone panel, your inflammatory panel your liver panel or simply just the symptoms you're coming in with, a woman in those states is not happy.

And I'm sending them to someone like yourself because they're depressed, they are anxious, They're burnt out, their overwhelmed. The latest craze their nervous system is dysregulated.

Eventually dysautonomia happens where POTS, mast cell, SIRS multiple chemical sensitivities. I can give you all acronyms in the world start to pop up.

Um, and inevitably getting into someone like you, helping them to learn their boundaries that someone, you know, Julie, You and them can create a boundary of like, protect your, your nervous system.

And then imagine that hormones regulate and happiness returns. Absolutely. I mean, I think that this, so much of of the stress is coming from the outside, right?

Just the demands of culture and the world that we live in, but relationship stress, is a massive piece of, the puzzle. So even if we have all these external stressors, if can get that relationship, stress stabilized and get them, you know, partners, being able to feel more connected and safe with each other and bonded, that does profoundly affect, um, their bodies and their hormones and they're nervous system and maybe learn how to become more regulated.

Um, and then what I'll also people find is that when they do this work with their partner, it requires a lot of self work and self exploration. And sometimes what you discover in that process is.

You're putting a of stress on yourself. because of your fears about being inadequate, not being successful, shame, you know, a lot of us are overworking to find a sense of worthiness, right?

And in the process of learning how to really know your own self and your feelings in a context of couples work and really truly find the real connection that your heart is longing for that some of this have never known how get because we didn't grow up in homes where there was an overabundance of emotional connection and healthy conflict and all of these things.

Sometimes getting those buckets filled within causes you to be less vulnerable to overtaxing yourself to begin with. If that makes any sense at all. Yeah.

I mean, what I'm hearing from you is we place a lot of stress and anxiety and strain and on ourselves from our viewpoint versus maybe what our, our partner cares about.

Guilty right here. Um, what I think she wants. Sometimes she's like, I don't care. Yeah. I just don' care like that doesn't matter. You're stressing yourself out for no reason, but I'm like I want to make sure of this.

She's I, don"t care, just want you here, want' you with me. Mm-hmm, you don't need to work 12 hours a day 15 hours. You don' need you you. Don't Need to provide the lifestyle that you think I need I just want you or Whatever that looks like for the individual I like to I love my job.

I loved to communicate and get this out so I'm driving that direction all the time and That's where communication becomes key and it sounds like that negative cycle of I our perception, our lack of communication, or attachment style can just get really wound up.

And if you're not finding a way to unwind it, it probably leads you directly to disaster. It does. Yeah. Health disaster, relationship disaster and yeah, but it's all workable.

I do believe it all. Workable, I mean, we can't always make things perfect again, I think just finding ways, you know, your work through the body, my work, through emotions to relieve some of the stress from our nervous systems and figure out, get some healing going in both fronts can really transform things in a positive way.

And I've seen that in myself. I know the potential is there, so, and others, Oh yes. I, I think the mental aspect, the mindset, uh, The nervous system, you call it what you want with today's wording.

Yeah. I've sent clients that were hyper reactive to the environment to The world because my note says this do you feel? Is your environment safe first of all is the Environment itself safe and that can be people that Can be toxins that could be the food you eat or how much reading of it is your Environment safe.

Did we get that external stuff dealt with? Then do feel safe in that environment because that's more internal for you now and Like if we fix the external, do you feel it to be safe?

And I mean, I've had people where they could take supplements when someone else hid them from them in their food, but they couldn't take it if they did it themselves.

Not recommending doing that to people. Interesting. But you know, one time I had a mother daughter combo of both adults, daughter sick, mother hid things in her food as an experiment.

I'm not saying I condoned this, but it taught me something retrospective study. It was approved by both people, But she would put it in there. She would up it on her own, the mother, and she could do it.

But if she herself, The daughter did it, Nope. And I got her into therapy and neurofeedback and nervous system regulation, all three separate things. Two years later, she's married with children and happy where She was chronically ill for five years before this and I can say I did not do nearly the amount of internal work that you would think I would have had to have done.

I Did some we got to do some work, but then the Amount because so much of it was nervous system oriented and my whole protocol now, like I just build a protocol prior three or four days ago.

The first step of the protocol is regulate. Regulate the nervous system regulate the immune system and regulate hormones and it may be one or all of them but you have to regulate before you can go into balance meaning bring a bunch of supplements in or You know additives because you need to have the regulation to take on the addatives before You go in to the release which is all that detox work that my industry my side of things does so for you I'm kind of curious and a couple of things.

And it's both for the people that are looking at wanting to have relationships and the People that Are in the relationship. So first of all, are there some red flags when you go on that first date of negative attachment style combinations for what we're talking about today of the anxiously attached and The avoidant attachment styles.

I think, yeah, I that, you know, the first red flag is, is how are you feeling inside? Right? So that doesn't necessarily mean how you're feeling. Inside is because of that person, but it's the starting point.

It's first place to start asking questions. Like if you are feeling like fighting to be heard or misunderstood or like a little anxious about, you know, little too anxious, about what they think of you, um, or any kind of discomfort in your own body.

That's where you start wanting to go, okay, what's causing me to feel not comfortable here? Because that's not a good sign if you're already feeling uncomfortable in that first state.

So that like, I like to start with attachment needs, right? So attachment, needs are, the needs that have to be met between two people for them to feel safe and close to each other.

And those attachment needs get deeper as you, you know, the relationship gets deeper. There's your, your need to understood by your partner is much, much higher than your needs to understand by a coworker.

However, to feel like you're having a working relationship with either of them, you need to know this person is capable of understanding me, right, on some level.

So I always say, look, if you are on a date, let's talk about these basic attachment needs. We need feel safe and close to another person. You need know they are willing to understand you.

They're willing want to want know you, they're going to let you know them. notice your emotions, validate your emotion, appreciate you, and that your needs matter too.

Okay, so if you're sitting there with a person and you are feeling kind of like invisible, like they're just talking about themselves, or they are only asking about you and not really sharing a lot about them selves, you feel kind just some uncomfortable feeling of being judged, those are all things to pay attention to, but the first day you know, if, you have a really uncomfortable feeling in your body on the first date, that's a sign, okay, don't go forward, but you really need five or so dates with a person to really know.

You know? To really settle into that more regulated place where you can start to kind of figure out like, how do I really feel about this person over a course of experiences?

Not just one isolated. Hmm. That explanation said, okay, how do I get the TikTok bullet pointed list of how to identify if I am a avoidant style or an anxious style attachment?

Okay. The TikTok one? Yeah. Okay, so what are the nature of your fears and relationships and how you try to regulate those fears? So if your anxious attachment You're going to be more sensitive to signs of emotional or physical abandonment, and you're gonna regulate those fears by trying to move closer, by bringing attention to the problem.

Get them to notice, get them talk about it, ask questions, cling, anything that's sort of externalizing. Criticize, see what they're doing wrong so they'll change.

Your motivation is get to change, right? If you are an avoidant attachment, Your fears are going to center more around not wanting to be a failure, not willing to seen as a fail, you're not to see yourself as failure or lose your sense of self to a relationship.

Become so absorbed in the relationship that you lose you. So you are gonna be more sensitive to any messages that come your way that some of that is being threatened.

That you getting it wrong or that your being controlled or whatever. And the way you going regulate those fears is uh, stuffing your emotions down, moving away from interactions, um, trying to get logical solution oriented or just moving from the relationship in general.

People are starting to evaluate themselves right now. Where do I fit on this? So then if we've identified that we have this health situation that is in our relationship, We've talked through avoidant versus anxious versus how that can make us feel.

How do people start to work on this? So are there, are, there some communication styles, a couple of sentences, maybe a practice that you recommend that someone could go out and do this week with their partner that could start open the door to communication?

Yes. I think that the, you want to start with, um, in a moment where you got to catch your triggers in moment, right? Relationship problems don't exist in this vague general way.

They happen in moments when one person gets triggered and they react and the other person reacts and then the next thing you know, they're fighting. So you've got be able to one, catch those triggers.

And like you said earlier about what you teach people to do first is the very first thing is regulate. So once we get that trigger, we're gonna do one of two things.

We're either gonna learn to recognize it and slow it down, go into our body, kind of figure out, okay, if I'm triggered, that means there's some fear coming up, there some anger that represents a fear, what's going on with me right now?

And try to get down into some of that vulnerability, which is a learned skill that goes kind beyond what we are doing here, but that's the work. The only other option is to react to that triggered in a way that is not healthy for you or the relationship, to get reactive or to pull away and shut down.

And so the work really is catch the trigger, self-regulate instead of react or fight or flight really, fight, flight, freeze. Unfortunately, it's not quite that simple because you do have to learn to do that regulation.

You have learn find the vulnerability underneath that Um, trigger, right? The, the fear response, all triggers are fear responses. And then you have to learn how to communicate about that.

How to put words to that, um, once you do find it, what do you, do there? What, What do say to your partner? And that's, you know, I can give you a couple of sentences here, but you.

It's a little more complicated than that? I mean, one sentence would be, okay, hold on. You know when, when you said that that thing about my mom. You know, I know that you're just trying to talk about the issue and you are not trying be mean or anything, but what happens inside of me is that I get kind of scared that, you know you and my mom aren't gonna have a good relationship and how's that going to affect us.

And then I just need to know I don't have to be alone with that. That you gonna join me in having a relationship with my Mom. Something along those lines.

Instead of, Why are you so rude to my mom? Why do you hate my Mom? Like, why can't you be, look, here you go again, criticizing my mum. Okay. And at what point do just know in your relationship, you need outside help?

What is that breaking point for a couple? And honestly, in my opinion, this is what we did. We went to premarital counseling, we spent time chatting through, reading books written by, counselors, therapists, asking questions, like 101 questions for a Christian couple.

Like we did a bunch of that before we even got in. So I think just starting off with the mindset of we don't have to do this alone is always good. But when is that point where it's just like, okay, I need to bring on some support for our relationship because we're just not getting, we are not across that communication line.

Well, if you're having to ask the question, that's probably the first sign, is if your asking the questions. Because that means if something's not working, you are feeling bad about something.

And I would say, OK, If you were saying, hey, there's something I want to work on here. The first step is self-help. Let's see if some self help can help us.

So let's read some books together. Maybe take some, I don't know, workshops online, whatever. And see if that's enough. And if we're still finding that we are going in when we try to talk about hard things, hard topics in our life, or try to talk about our relationship.

If we're going into these cycles where we end up in these patterns of protest, defend, reach, desperate reaches, shutting down, and we walk away from these conversations feeling like nothing has really been resolved, we don't feel close to each other.

We've hurt each and the same topics keep coming back because they're not getting resolved because we are not able to talk about them outside of going into these negative cycles and the self-help isn't working, that's when you say, okay, let's try a different level of help, which would be therapy, personal coaching, whatever.

I mean, I recommend obviously coaching from a licensed therapist, but sometimes people who are licensed therapists work as coaches because of licensing issues.

Yes, absolutely. Unfortunately, we are in the virtual worldwide era living with the pre-internet laws. It's the Wild West out there. Yeah. Well, I truly appreciate your time and having this conversation.

I feel like we could go a dozen different ways with therapy, with nervous system, identification and communication of of just what makes people be who they are.

And maybe we'll have to do another one of these. But in the meantime, for all those that are gonna be extremely interested, where do they find you so they can get more information?

Yeah, my website, thesecurerelationship.com. I have a book, Secure Love, I've got all sorts of resources you can find there. Then my Instagram, at the secure relationship, provides tons of, you know, free information.

I don't hold anything back on Instagram. Some of my posts are 20 pages of small font, some of them are one page. So I try to just really provide as much free resources for people as I can.

for everybody listening. Go look it up, go learn. None of us are immune to improving or should be improving our communication styles, our relationship styles because it just changes as we go as the stress in life changes.

And we have to learn to modify and learn, to support whether it's I got well from a chronic illness and we met when I was ill to I've got chronically ill after.

I have seen both rock the boat. So, Julie, I really appreciate your time and thank you. You're very welcome. That's great. Thank you for tuning in to redefining wellness with Dr.

Javin. If this episode spoke to you, please follow and share this podcast with someone who is ready to take control of their chronic health symptoms. Also, Please consider leaving a review.

It helps more people find the show. See you here again.