



EPISODE 61

CHRIS (XE) SEITER



TURNING YOUR
BREAKUP INTO A
GOLDEN OPPORTU-
NITY



Chris: Welcome to another episode of the exboyfriend recovery podcast. Like always we are recording these episodes live and posting them to Youtube because of course we've got our video recording which is pretty new.

Today we're going to feature a renaissance man. I'm just kidding! He's a relationship and dating coach named, Neil Sattin. This guy really knows his stuff. If you go to his about page, you can find some of the craziest things. Obviously he's a relationship and dating coach but he has been certified in Source Point Therapy. He's a professional dog trainer and a musician and song writer. This guy is quite the entrepreneur and he's here to talk to you today about turning a break up into a golden opportunity. And he has a lot to say about the subject because he is a professional coach. He's coached couples one on one who are going through break ups who want to keep relationship together or who are going through a divorces.

Now, the thing about Neil that's really interesting is he's engaged but he's just not engaged to anyone. He's engaged to his ex. Yes, he broke up or rather, they had a break up and they got back together. So, you're going to hear that story and much more.

Let me introduce you to Neil Sattin.

Chris: Hi Neil! How are you doing?

Neil: I'm doing really well. . How are you today Chris?

Chris: I'm doing good!

Neil: Good!

Chris: So, for those of who you are listening, Neil is quite the entrepreneur and I feel like I have the Renaissance man on the show today because if you go to his about page on his website, he has some of the craziest stuff listed. So, first off he's a professional life coach and relationship coach which is I think your passion right?

Neil: Yes, that's definitely what motivates me.

Chris: But on top of that, this guy is also a professional dog trainer. He is also a musician and song writer. He has been certified in Source Point Therapy which, I'm interested. What is Source Point Therapy?

Neil: Yeah, that's a wacky energy healing modality that it involves a series of points that are on the body or off the body that connect you to the universal blue print for your health and vitality. It's kind of woo woo stuff but it's amazingly effective and yeah, so I took several modules to get certified in that.

Chris: Awesome!

Neil: Yeah.

Chris: So, like you could see this guy is like the Renaissance man and he knows his stuff when it comes to relationships and dating. He runs the popular podcast, Relationship Alive, he hosts that. And if you've never listened to this podcast, he has some of the top talents in different industries coming in. I think he even had best selling authors. I listened to a podcast episode where you interviewed like a comedian who was in a few movies. I forgot his name.

Neil: Kyle Cease

Chris: Yeah. He was in like some, what was it? 10 Things I Hate about You and The Not Another Teen Movie. He was like-- that was an interesting interview that you did but just for everyone listening, this guy really knows his stuff. And today he's come on to talk to you about turning your breakup into a golden opportunity. So, we're really honored to have you on the show Neil.

Neil: Great! I'm really excited to be here and a quick point, I guess I like to make about the renaissance man approach is that, my goal in helping people is to bring in whatever technology is actually going to be the most effective for them. So, I think it's great to have a system and actually I have a framework that's all about how to make your relationship amazing and that being said, within the framework, I feel like it's really important to be able to pull from all kinds of different areas where you can help people. Because some people they have a spiritual problem and they need that kind of work.

Chris: Absolutely.

Neil: And other people, they just need to get their head on straight or other people like you talk about health, wealth and relationships. And so, it's like you need technologies in all of those areas to be able to actually improve any of those areas in many respects. So, that's for me-- I've always been driven by an intense curiosity and wanting to make things useful for people as I help them.

Chris: Yeah, it's interesting because I really feel like if you have a lot of skills and different talents in different areas, you can bring a lot to the table. And often times, I feel like, everyone kind of has a general idea of what it takes to be good in a relationship and what it takes to go through a break up and be successful but sometimes it takes someone to come in with just a different perspective or say things in a different way for it to like really click for them. I think that is something you're really good at.

Neil: Thank you.

Chris: And you have a lot just different talents and everything and I noticed how-- we talked on the phone before this interview and you were talking about your dog training. And for those of you who don't know, he is a very successful dog trainer. He has like videos out and he's got like a successful Youtube channel, he's got like a successful website and he was talking about kind of the applications between--the relationship between the owner and the dog and how it kind of lead him onto being interested in relationships and everything like that and I was wondering if you wanted to talk a little bit about that because I think that's a really interesting point to really head home for people.

Neil: Sure! Yeah, I mean the way that I learned how to work with dogs was all based around a dog's emotional interactions with the world and typically a dog is there picking up on everything in their environment and one of the most profound influences on a dog's emotional world is the structure of the household that they're in. So, if there's a relationship going on and there's a lot of tension in the relationship, then typically that's going to be translated into the dog's behavior or even if the dog's behavior is simply a product of the bad habits of their owners, those habits usually don't come out of nowhere. They're the product of that person's environment. So, very early on in my dog training career, I focused on how do I help people with the things that

are going on in their lives that are having this huge impact on their dog's life and that's what lead me to get my coach training and basically started me on that whole path and while I love working with people and their dogs, I noticed very early on that I would feel much more passionate about the relationship--the nitty gritty of the relationship work that I was getting into. So, that's really become my focus and it's something that I was already really passionate about so, I just kind of made it more prominent in the work that I do.

Chris: Yeah, I think it's phenomenal. Again, we're really glad to have you on the show. I think your perspective is going to help a lot of people. And the reason I say that is because a lot of the people who come to our website who listen to my podcast, they're going through break ups, you know, and it's a very tough time and often times, they want to get their exes back and sometimes it's not the best thing for them to get their exes back. And so I know you've worked with a lot of clients. I know you've coached a lot of different people, probably going through break ups, probably married couples trying to keep their relationship alive. Hey, that's your podcast name! But I was wondering like for the people who are listening to this podcast, how can you really tell if it's really worth trying to get a person back or move on? Like what is your perspective on that? Because I'm really interested to hear your answer.

Neil: Yeah and that's a great question. In fact a lot of people who listen to my podcast and come to my site have like a slightly different version of that question because they're typically in a relationship and trying to decide if they should stay or if they should break up and go. So, it's just like a few moments in time, maybe prior to the people who are listening to this because they're considering getting their ex back or trying to get their ex back. So, it's a really good question. There are some obvious things that you probably talk about that involve like taking a step back and really getting a sense of what was positive in the relationship and what was negative in the relationship. And particularly in situations where there's any kind of like emotional abuse or any kind of abuse really going on--

Chris: -Which happens quite often. Especially the break ups are often caused by that kind of thing.

Neil: Exactly. Those are typically times when you wouldn't want to -- you might like count your blessings--

Chris: You're right!

Neil:-if you're out of that situation. It's not to say that those things are unfix-able but it takes a lot of work with help and--so, if you're not getting a lot of help then it would be really challenging to turn that around. And also, those situations are often the product of like escalating other issues that are there in the relationship. So, you can look at it as a symptom as well of something deeper that maybe that wasn't working out. So like typically if someone is in an abusive situations, like they're better off going anyway. So, count your blessings in that regard. But in a less obvious situation, another question that I would ask myself is, "Am I being fully me in this relationship with this person? Do I really feel like being with them is bringing out the best in me where I'm living according to my purpose in life? And like we really support each other and each being the best that we can be or not?" Like for so many people, relationships become initially, this like really crazy attraction that's sparked by seeing how attractive each other is but then like it becomes a series of compromises--

Chris: Right.

Neil:--where over time, people become less and less of themselves.

Chris: That's true.

Neil: And I think one of the arts of relationship, and this is something that I teach is how to become more and more of yourself in relationship but if you find that there's some quality to your relationship where you're becoming half of who you are or less then also, probably not the best relationship for you or at least, and I know you talk about this in your book in terms of like paying attention to yourself and your own development, you would want to spend some time kind of getting that under your belt if you can. So, that you're back to being fully you and a 100% you and at that point, I think you'd be able to make a much better decision.

Chris: Yeah, absolutely.

Neil: And I think that this is helpful part of the no contact rule that you talk about.

Chris: Which is something we're really big on in exboyfriend recovery.

Neil: Yeah, because I was reading your book and I'm very curious to see what you're doing and I think that that's also important from the position of getting you out of your own addictive cycle because we're so easily in meshed in that dynamic of relationship.

Chris: Yeah absolutely.

Neil: And I know you talk about attachment theory and so, there are this neurobiological roots to what like binds us to other people. So, anything that you can do to like not make a decision when you're like really caught up in that tension and to like allow yourself to relax and really catch your breath, that's another good thing. And then finally, and these are just off the top of my head. I think we can do a whole episode on this question alone.

Chris: Right. Yeah, we'll probably go on for two hours.

Neil: I think it's helpful to talk to trusted friends. People who have your best interest at heart and you still want to take what they say with a grain of salt because sometimes people have their own agenda.

Chris: That's right.

Neil: Like they want you to get back with that person because they have so much of a story built up about you with that person. So, it shouldn't be so much a question of like, "Should I get back together with that person or not?" It would be the kind of question like, "What did you notice about me when I was with so and so?"

Chris: I see.

Neil: "What did you like about what you saw in me when I was with this person? And what did you not like about what you saw? What did you notice about the way that they treated me? And what did you like and not like about that?" And so, it's basically a way to get a lens on your relationship that's not you and not filtered by your bro-

ken heart or your biases or any of those things and that at least will help you see it a little bit more objectively so that you can make that choice for yourself. `

Chris: You brought up a lot of interesting points. I think certainly when you're talking to a friend, a lot of people don't ask those type of questions. Especially if they went through a break up, they're crying or they're trying to lean on them for support and the friend is just seeing another person crying in a broken state so, they're obviously going to want to protect them.

Neil: Exactly.

Chris: So, they're not going to have to biased advice and then the other thing you said was about being yourself in the relationship. I think a lot of times, women who are in relationships with particularly kind of emotionally abusive ones are trying to crave approval from the guy and so they kind of become a version that the guy wants. They aren't true to themselves and I think a lot of the issues kind of arise from that. Where they're trying to be something that they're not and they're really not happy inside but they're-- like you said with the attachment, there's so attached, they can't even imagine a life without their ex which sometimes that's the best that could happen to them, moving on and getting into a healthy relationship.

Neil: Yeah, I think it's helpful to remember that like because attachment is part of our make up, like we are meant to be relational people then, it doesn't mean that we're meant to be relational with any particular person. I mean all beliefs about soul mates aside and we can have an episode about that too but especially yeah, when you're in that vulnerable state, it's helpful to start thinking about how you can provide for your own sense of safety and attachment and regulate your own--even just your own physiology. So, you're not relying on that other person so much and that brings you to a place where you're much better able to discern like whether this person is truly right for you or not. And if you're looking for approval or willing to not be you for the sake of someone saying, "Hey, you're ok!" or saying, "I really want you." or, "I'm going to give you the best orgasm I could ever give you." or like whatever! Then it's like you're selling the thing within you that's really, truly valuable and it's so amazing when you actually end up with someone who sees that in you and honors it.

Chris: Right, yeah. Things really open up when you find that kind of person and I think a lot of the women, if they were to really ask themselves like, "Why do you want your ex back?" They would probably say, "Well, I want to feel loved by him." but they really want what you just said. They want someone to kind of accept them for who they are and not really nit-pick in all the things that maybe are flaws and kind of appreciate the flaws or accept the flaws but I think you have a really fascinating perspective because you actually have experienced getting an ex back. In fact, I believe your fiancé-- I think you're engaged still right?

Neil: We are, yeah.

Chris: You broke up at one point and got back together. So, you are actually proof that sometimes it just takes people going on paths--to really kind of end up together still. So, it's not necessarily over completely if you go through a breakup. A lot of times, I will say, it is because the statistics don't really favor you but I think you have a really fascinating perspective because you've kind of went through break ups before and end up back with the person successfully.

Neil: Yeah and it's worth also saying that I also have been married and then divorced.

Chris: So, you understand what the wrong kind of relationships looks like or feels like.

Neil: Yeah and I'm not going to comment too much about that because I want to be polite and respectful but let's just say, I've been through both and when my marriage was ending, that wasn't necessarily a happy moment for me.

Chris: It's very, very tough on people in general I think.

Neil: Exactly, exactly and it was when at that time my girlfriend, now my fiancée, Chloe, when she and I first broke up, it automatically brought up--it re-stimulated all of the feelings that I had felt in earlier break ups and in earlier trauma and you know that's an important thing to recognize too and you probably talk about how those feelings that you experience when you're being broken up with or breaking up with someone, those are often, not really fully of the moment. They can be echoing way

back to times in your past where you were hurt or abandoned and you can feel like this overwhelming sense of grief and loss. Even if you know deep down like this is the right thing for me but you can be run by that feeling of grief and loss but it's not even of this moment. It's like harkening back to like the time that your parents told you to go to your room and you thought like, "Oh my god. My world might be ending" Because you're 4 and you don't know any better, you know? So, I don't know why I started talking about that.

Chris: No, that's good. That's good! I love it!

Neil: So, with Chloe. Yeah, with me and Chloe, initially I was like holding on really tight and she more or less broke up with me. I mean we have been back and forth about it for a while and I think that that's a cycle that a lot of people are familiar with. That often happens I think before when some people get broken up with just like right out of the blue-

Chris: Right.

Neil: But often there is this like kind of back and forth tension--

Chris: There are signs that can kind of--right

Neil: And then finally someone pulls the plug. That's rarely a mutual decision.

Chris: That's correct.

Neil: And I mean, in the times when it is, that's great and maybe we can talk about that in the later part of the conversation?

Chris: Yeah, definitely.

Neil: But, so, yeah, so I was holding on pretty tight and I knew that I wanted to be with her and it was really frustrating that she seems to think that that wasn't what she wanted and in the end, and this could be long story but to shorten it, part of the path to us actually getting back together involved really accepting what was happening and using it as the opportunity that we're going to talk about. And also there was creat-

ing space--now, we still were on good terms. So, we were able to dialogue about the conditions of breaking up. So, we were like yeah--

Chris: Right. So, it wasn't like a difficult one. It was kind of, not mutual but it was amicable I guess.

Neil: Yeah, amicable is a good way to put it and for instance, like this is just to give you and your listeners a sense of what I'm talking about. We said, "Ok, we're breaking up." And so we decided, let's try being broken up for the next month but we're not going to date other people.

Chris: Ok. So, it kind of like a separation I guess

Neil: Exactly

Chris: --but not like a divorced type. It's just sort of like not keeping your options open but still kind of committed in a little way?

Neil: Well, what we were committed to was the process of breaking up in a way that was kinder and felt like it would be more gentle.

Chris: Right.

Neil: And I think for us, we felt like it would cause aggravated trauma if we saw each other with other people. You know, we move in the same circles and we're both--like neither of us would have any trouble like actually meeting other people. So, it was more like let's not traumatize each other like that and let's just see what comes up in the not being together and so that's a unique thing. And for people who are navigating break ups, that's an option that I often suggested to them because it's like they don't even think of it.

Chris: Right.

Neil: They're like, "Oh I thought we were just together or we are broken up." And they don't see that there's actually this whole zone in the middle that could give them the space that they need to really think things through while still having space and

autonomy and a lot of times that's why someone pulls the plug. It's because there's just like, "Ah, I just want my life back."

Chris: Right.

Neil: So, it's a way of giving life back without adding like--

Chris: I feel like that's the healthy way to breakup.

Neil: Yeah.

Chris: And I feel like that's the way no one breaks up anymore. You know they don't ever do that. That's like probably the correct way to do it because jealousy is such a thing with the break ups nowadays. You get women coming to the website saying, "Oh my god! He posted this picture with a girl!" And they just you know, drive themselves wild for days on end because they're worrying about that but I feel like that's the healthy way to do it but no one does it. It's one of those interesting things.

Neil: Yeah, it's true that it's less common but I encourage that if people are listening and or watching and it seems like a possibility to have that kind of dialogue with their ex, it might be worth trying out.

Chris: Yeah, it might be.

Neil: They're still being apart but not you know, causing havoc with each other. So, for us we did that and we were broken up for, I forgot the exact length of time. It's probably about 6 months or so where we were navigating that. And then it came time to when we were-like we were-- it was the date, the date that we have decided like this is like our ending date and we got to it and we actually, we were getting help from someone. And again, this is something that's really helpful, getting help from others, whether it's you and your book or coaches. So we sat down with our person who is helping us and we both just like--actually we've realized through going to this whole process that we're not done. That there's is actually more here for us but during that time, there was lots of alone time, lots of time to really go inward and heal and figure out all the ways in which I was not showing up fully, all the ways which I either allowed myself to be a victim in the relationship.

Chris: It's amazing what perspective can do. Like sometimes having that alone time is exactly what you need to come to those kind of realizations.

Neil: Yeah and this is why it is such a golden opportunity because so much comes out in the pain that you feel. It's like you're getting access to like the deepest ,darkest core beliefs that you have about yourself and why you are not worthy of love or not lovable or always going to end up alone or whatever those core belief structure you are.

Like they are there staring you in the face if you allow yourself to look when you break up with someone. And if you look at those things and then heal from that and then bring that version of yourself back to you connecting with the other, that's what's compelling. So, for Chloe and I, we gave ourselves an opportunity by not rushing out into other things with other people to take the space to heal and then when we were actually connecting with each other, we could feel that we were different people. We had most of the good qualities that we had had before but the relationship was truly new and that's another I think important thing even if you do get your ex back is, not trying to go back into how things were but really saying like, "Ok, like end chapter 1 and start chapter 2."

Chris: Right. I love it and I think a lot of that comes from analyzing yourself. So, what are some techniques or some tips that you could give someone because most of the people, probably 90% of the people listening to this are broken up with their exes and they're kind of in that self reflection period. I think a lot of them are probably obsessing with their exes but let's assume that you have someone who's not and who's willing to try what you're saying. Who's willing to kind of like self analyze and try to figure out like, "Ok, what do I do?" What are some tips or techniques or what would you recommend for someone like that to really kind of self actualize?

Neil: Yeah. Well, they are flavors of the same thing. So, even the person who's like traumatized and obsessing, it's all I think on a spectrum.

Chris: Ok.

Neil: And the very first thing that I suggest and let's just talk for a moment if we can about those?

Chris: Yeah, absolutely!

Neil: Like if you're traumatized and obsessing, what do you do?

Chris: Yeah, definitely!

Neil: So, one of the things that I like about your no contact rule is that so often a contact whether it's trying to reach out to your ex or even trying to reach out to friends sometimes and just let me say, I'm not saying don't talk to friends.

Chris: Right, right.

Neil: Like it's actually important to connect with people outside of your ex but there's this like value in that moment of feeling your pain and being alone with it and being able to go inside and ask yourself questions like, "How old am I being right now?"

Chris: That like maturity level type thing? Like?

Neil: No, it's like hearing what your gut tells you. Because often when you are overwhelmed by your grief or jealousy or anger or all of those things, it's actually often not your wise, adult self that's talking or even if you're not an adult, if you're a teen like, you're still like more mature in lots of respects than you were when you were 8.

Chris Very true!

Neil: And the thing is, those like core emotional responses, those are the things that are like that we bring with us into this lifetime. So, like you're born into emotion and into like raw emotion and raw feeling and it's only as you get older that you start putting labels on it. Like, "Oh, I'm feeling angry or I'm feeling jealous or I'm feeling sad or I'm feeling scared." So, two things are at play here. One, is that when you're really in a lot of pain, then you're often dealing with a part of yourself that is really young.

Chris: Ok.

Neil: So, when you ask yourself, "How old am I being right now?" It's not like in a way of sort of shaming yourself like, "Come on, I should be, you know, 23 right now or I should be 42 or 63." You know, like, it's not so much like that. It's more like you're looking for information, like this intense emotion that I'm feeling, what age of me is connected to that emotion? And then listen for the response because you may very well hear a voice or get a sensation or have a see--something you actually see of a number where you get like, "Oh, this is me when I'm 4 or this is me when I was 3." Some people will say, I was a baby or in utero. Other people might say, this is when I was 13 but there can be a range but the goal is to see like that this really intense emotion that you're experiencing is connected to a history of emotion --

Chris: Ok, I see.

Neil:--in your past and that does a couple of good things. One is, it's connecting you to the source of your grief and then the second thing is it helps you get a little bit of distance and perspective on it. So, in that moment where you're asking yourself, "How old am I being right now?" And then you see like, "Oh, this is a part of me that's 4 years old." Now, you already have like the part of you that's 4 and the part of you that's asking a question which helps you get a little distance from your feelings.

Chris: Yeah.

Neil: And then you might name your feeling. Like you might say like, ok like-- talking to yourself as if it's your--we'll just go with 4, since that's what keeps coming to me. I guess there's a part of me that's 4 that once did.

Chris: Do you feel 4 right now Neil?

Neil: I think I am! So, you ask yourself like--ok-- and you might use your name like, "Ok Neil, tell me how you're feeling right now? What feeling are you feeling?" And listen and see if that part of you responds, "I am feeling sad or I'm feeling scared." and then it gives you a chance to acknowledge that feeling within yourself. "Oh I see you're feeling sad or I see you're feeling scared." This is part also of the process of getting to understand yourself. This works if you're in the midst of like a really big emotion. It also works when you're not in the big emotion and we can talk a little bit about that in a minute but so, you listen for those answers and then you might ask that part

of yourself like, "Ok, so I see you're feeling sad, you're feeling scared, you're feeling lonely. What do you need right now?"

Chris: Ok.

Neil: And then you listen for an answer that comes from within you and those answers will probably not surprise you but sometimes they do because you might think like, "Oh, I'm going to tell myself I need a hug or.." Odds are that 4 year old part of you is not going to say I need to get John back.

Chris: I see.

Neil: That's not what they're going to say. They're going to say something that really reflects on the core need in that moment.

Chris: Yeah, I love this. I absolutely love this. Now, what if you're doing this and you come up with an answer that is unhealthy or is not right? What do you--

Neil: Give me an example of what that might--

Chris: Let's say that you're a little bit heavier and you've always been very self-conscious about your weight and you think to yourself, "Ok, I'm feeling kind of hurt right now and it reminds of that time from when I was 16 or something. I need a drink or I need to eat something." When you're maybe trying to lose weight of something. So, what would you do then maybe to, put them safeguards in so, you're not having those maybe unhealthy or dangerous type of tendencies.

Neil: Yeah, that's a really good question. So, my first like gut response to that is that you probably won't get those answers because you're deep, deep intuition knows that that's not what you really need and knows that that's not the question you're really asking yourself. So, you have to imagine that there's this ultra-wise part of you that's watching this whole thing happen and that is excited to finally have an opportunity to actually speak your truth to you like where you're listening--`

Chris: Because it doesn't ever speak. It's just kind of hidden inside yourself and you never really do this kind of looking inside I guess.

Neil: Right and so many people aren't making the space in their lives to listen within. So, this is really about developing that capacity to listen within to like your inner wisdom, your deeper knowing. Many people would also associate that with their connection to something greater than themselves. So, how do they open that channel and be connected? But let's say they do hear, you know, "I just need a drink right now or I just need to eat right now." Well, the purpose of this exercise is not to say like, "Ok, let's go get a drink." The purpose is to acknowledge that part of you and say, --and this is another reason why I like the 4 year old within you. Like that 4 year old probably in most cases never had a drink of alcohol.

Chris: Hopefully not!

Neil: That 4 year old probably wasn't already in a cycle of like over eating. I mean it's possible but--

Chris: It's highly unlikely I would say. I mean 4 years old is kind of young to--

Neil: Yeah. So, this young parts of you they tend to speak things like, "I need to be outside or I need to be held or I need to hear I love you. I need to hear that I'm ok or I need to know that I'm ok." And that's a good one because if you hear like I need to know that I'm ok then, you might also ask like, "Well, how would you know that you're ok? What would you need to know that you're ok?" And so, you can have a little dialogue here to get more information. If you hear the like, "Well, I really need to eat a Snickers bar, let's say." Then you might say, "Ok, I hear you that you need a Snickers bar. What else do you need?"

Chris: Interesting.

Neil: So, it gives you a way to get past--

Chris: Those things, those types of thoughts or the tendencies.

Neil: Right and if you know that's going on with yourself, if you know you have some sort of unhealthy or addictive pattern that you're running, then when you hear that pattern be given a voice in this inquiry then you can be like, "Ok, I hear you." Like

I acknowledge that there's a part of me that wants a drink or wants to look at porn or wants to eat a Snickers bar. I acknowledge you and what else do you need? Are there other things there? And now you've open the doorway past the surface level which is the thing--like the thing that fixes things which really doesn't fix them to like the deeper need which is why people over eat or drink or do anything that's unhealthy or addictive.

Chris: So, you're going to come to the core, I guess belief on why you were doing those kind of things or acting the way you're acting but having this internal dialogue.

Neil: Yeah.

Chris: The other thing that I was wondering about this internal dialogue is once you have the information--let's say you've done the reflection, you have the information, you kind of know what you need. Let's say you need a hug or you need someone to tell you, "Hey, I love you." What do you do with that? How do you--I'm just taking a guess here. I can be completely off base but I'm assuming, once you have identified this need, you're going to try to find a way to I guess feel the need and kind of make yourself heal. I don't know. How would you do that? I don't know. I can be completely off base.

Neil: Yeah. Well, there are a couple of different approaches here. One approach, which I learned from Katherine Woodward Thomas, who wrote the book--

Chris: Yeah, I looked up to her. She's quite the accomplished--Conscious Uncoupling right?

Neil: Yeah, she wrote Conscious Uncoupling. She also wrote Calling In the One and she does amazing, amazing work. I trained with her as a conscious uncoupling coach.

Chris: Renaissance man! Look at this guy right here!

Neil: She was one of the first guests for my podcast as well. So, that was just a great--we had great rapport and that's where that was born. But there's this technique that she advocates which is called Tonglen. It's based on a Buddhist practice. So, basi-

cally you go through this process of recognizing this younger part of you. Recognizing what this younger part of you is feeling and acknowledging it. Asking this younger part of you what you need and acknowledging it and then like taking in a breath and sending out a blessing to all the people in the world who are also feeling those feelings and also needing those things which connects you to this--how you are a part of the universal human experience. There's something about knowing that we're not alone in our suffering that--

Chris: Right.

Neil: That is really healing. So, I think that that can have the effect of really helping make those large feelings more manageable. And that's what she talks about, it's in step 1 of the conscious uncoupling process which is all about handling your big feelings. The next level that you can do in that process is you can figure out how to show up for yourself. So, we talk about how in relationship-you hear things like, "Oh, this person completes Me." or, "I couldn't be who I am without them." or things like that

Chris: Right. I've heard that far too often.

Neil: Yeah, yeah exactly and I get it because so often, we walk around wounded. There's like, there's stuff, like I don't any of us escapes childhood without having a--

Chris: Everyone has a scar, everyone's affected.

Neil: Exactly. So, it's like generally in life you walk around and on some like deep, spiritual level it's like magnet where your wounds match up with someone else's wounds and boom! Like that brings you together in the best way at first and then often in the worst way later on. And that's something that Harville Hendrix and his partner, Helen LaKelly Hunt that they talk about. They have a book called, Getting the Love You Want. That talks a lot about that. So, you have this wounds and so much of what we are--initially or on the surface looking for in our relationship is someone to make that better for us. You know, "I don't feel lovable. This person loves me! Great! Problem solved!" Right?

Chris: Right, right.

Neil: But the real deeper healing comes from, like in that example, recognizing that you are lovable and loving yourself and healing the things that have happened to you in your past that lead you to even think that in the first place because it's ridiculous, you know?

Chris: Right, yeah.

Neil: Unless you're truly a bastard or something then you're lovable! And even that, like we can probably look beyond a lot of those things and say, "Oh, there's like healing that needs to be done here." So, yeah so, when you hear what that younger part of you needs, it's a good time to ask yourself like, "Can I provide that for me? Can I go outside and lie down in the grass in the sun and feel my connection to the earth? Can I go on a bike ride and feel like that feeling of freedom and playfulness? Can I make a paper airplane and can I fill a water balloon and like throw it at an innocent passer-by?" You know whatever it is.

Chris: Woah!

Neil: "Can I look in the mirror and say like, actually you are ok." Like, "You're ok, even though, you, like the you inside isn't feeling ok right now but I am standing here and I can tell you, you are ok." You know those things that happened when you were , when you were 6, when you were 8, when you were in the womb, when you were 13, like, "I'm living proof that you survived that shit and I'm standing here to tell you that you will be ok and you are ok right now." And so there are all of this ways that we can show up for ourselves which is profoundly healing.

Chris: Yeah.

Neil: And helps us integrate those younger parts of ourselves into our older self and helps us show up more fully so that whether it's getting your ex back or your next relationship, it's not just a re-hashing of that cycle, of the old wound. It gives you a shot at actually seeing it really clearly and not repeating it.

Chris: Yeah. I love it Neil! Now, I wanted to kind of switch gears here because you have a lot of really great information and I wanted to give you kind of the floor to talk over about your coaching because I think this is something that a lot of the people who are listening to this podcast and who come to the website and are on the email list

can really benefit from because I think what he just talked about, the self-healing and kind of the internal dialogue you need to have with yourself, this is absolutely perfect for the no contact rule which is something that you actually mentioned because if you can do this during the no contact rule, you are just going to be in such a much better position than if you were just not to do anything and just hope things work out for the best. So, where can people find you Neil and talk a little bit about your coaching.

Neil: Yeah, thanks for asking. So my website is neilsattin.com, N-E-I-L-S-A-T-T-I-N.com. You can also go to relationshipalive.com. That relationship alive is the name of my podcast and it will redirect you to my website. So, I'm there. I have a free guide on my site that's called The Single Most Powerful Thing That Can Make Your Break Your Relationship and it's an in-depth way of figuring out what you really need in relationship and what your partner really needs and it's a great way of diagnosing kind of like what went wrong, what went right. So, anyway that's right on my--

Chris: I'll link to that in the show notes for everyone listening. I'll also link to the website. So, you can just go directly there. If you don't remember what his website is, you can just come to my website and I will--if you click on this episode number, you'll be able to find the show notes where all have the information but sorry to interrupt Neil.

Neil: No. No, that's great. I appreciate you're doing that and for people listening who are in the position to text right now, they can text the word relationship to the number 33444. I think that only works in the US but if you're in the US, you can text the word relationship to the number 33444 and just follow the instructions and let me send you a link to my guide. So, I'll email you a link and you can download that. You can also access the podcast on the site and over iTunes. So, tons of free information and then yes, I also do coaching work. Right now, my partner Chloe and I were about to launch an online course, that's basically us, distilling some of the most powerful relationship healing and succeeding strategies that I've gotten from my research for the podcast and the conversations that we've had and also out of our own practice coaching and healing work. So, that course is about to launch and then we do one on one coaching and I also do-- I coach couples as well. So, I've worked with people who want to get in a relationship, who are in relationship and wanted to be better or in trou-

ble and trying to figure out how to make it better. And then, I mentioned the conscious uncoupling coaching, I do also coach people who are going through breakup.

Chris: Which is definitely good for the people listening here.

Neil: Yeah and it's so powerful, as a way of helping you really get yourself back together and also just rise. So, that you are not only like picking up the pieces, if there are pieces to begin with but like, you're coming back online and doing it in a way that really allows you to feel your power and your potency and to shed the unhealthy patterns that whether they lead to the breakup or whether they're just surfacing because of the breakup or maybe they didn't lead to the breakup but they were part of what made your relationship challenging. That's what that process is all about. It's really healing that. So, that you can bring a 100% of you to whatever comes next.

Chris: Yeah, I definitely think, you can benefit from the coaching. Do you mind talking about how much it costs and I know you have different packages which is actually really, really clever way of doing the coaching. I've been kind of looking around at different coaching for my audience and I think yours maybe the best priced and also you get quite a bit bang for your buck.

Neil: Sure, I'm happy to talk about that and it does change. Typically the way people work with is they buy packages of sessions. So, if I do individual sessions, the packages are right around, \$800 for 4 sessions and a session can be 60-90 minutes. So, it's not like when you go to a therapist and you're in there and out in an hour and no matter what, I like to leave extra time to make sure that people really getting what they need. Also I guess, it's worth saying that these are my prices right now and they've changed over time. You know, as demands has increased, prices go up.

Chris: So, you guys better get in now while it's cheap.

Neil: That's right. Get on! And then couples rates are a little bit higher and that's probably will make sense to people who are considering like, "Oh, maybe I can do this work with Neil with my partner." It's more time. Like those sessions can be 90 minutes to 2 hours and it's a chance for both people to really be heard and it's just there's a little bit more involved when you have two people there. If you can have two people

there it's great because you don't have to wonder so much like what the other person is thinking. They're right there. You ask them.

Chris: Right.

Neil: So, I love doing work with couples but mostly I love working with people and whether it's an individual or a couple I really see my role as to be there to support them in getting through whatever they're going through if it's challenging and accessing like the inner resources that maybe they didn't even know they had to get there. And for people who are in a great place and just want to be better then, that can be really fun too because then you get to tap in to like all the possibilities that they're not even considering for how to improve. Whether it's just like the life coaching kind of thing or in relationship, a lot of people kind of end up in this stuck place of like, "Well, is this as good as it gets?" or "You know I love you but I'm not in love anymore." Like those kind of things.

Chris: Yeah.

Neil: And those are great places where some targeted coaching can really be helpful because it gives you like that outside perspective that you don't get looking in the mirror or sometimes you get outside perspective from your partner but it's not always delivered in a way that's really supportive for you. And then there's also just leveraging the skill and the knowledge of a coach whether it's me or you or someone else. Like our job is to know as much as we can about how to help people.

Chris: Right.

Neil: And that gets back to what we're talking about at the very beginning. So, it would be, maybe a little extreme to think that that's everyone's job. So, that's why you go to someone.

Chris: Right.

Neil: So, that they can make it their job to help you and you just do what they say.

Chris: Yeah, like what we're talking about earlier. Often times, you just need a different perspective and Neil can certainly provide that. He's the renaissance man.

Neil: Thanks Chris!

Chris: Alright. Well, I think that's going to do it for today. Do you have anything else you want to tell the listeners Neil?

Neil: That's pretty much it. I think if you have any questions feel free to reach out to me directly on my site or through Chris and he can get question back to me.

Chris: That's right.

Neil: And I just want to say, Chris, to you personally. You know, I really appreciate what you're doing. I think it's a really important resource for people who are in that like broken up state and wondering what to do and thinking about how they're going to get someone back and doing it in a way that actually promotes their own health--

Chris: Yeah.

Neil:-versus just like, "How do I play the game to get my person back?" So, you know, I appreciate that what I saw in your book. I can tell that you're a real advocate for people really rising to who they're capable of being in the world.

Chris: Oh, like you Neil.

Neil:Yeah, so I feel really aligned with you on that and I appreciate you having me on your show.

Chris: Yeah, it was a blast. This is one of the first interviews I've ever done and it's something that I've come to realize. You need to have more people, different outlets and have different perspectives to really truly help people the best you possibly can. And you've definitely done that Neil. So, I just thank you for coming on.

Neil:Absolutely. My pleasure and for those of you listening, definitely check out The Relationship Alive and let me know when you have a chance too.

Chris: Alright. Bye