



CONSULTING

Case Study: Coaching for Relationships

Situation

After eight years of marriage, my clients were not effectively communicating with each other. They fought about everything - from big decisions like buying a new house, to daily activities such as child-care down to little things including how to load the dishwasher. He would internalize while she was expressive. When they argued he would pacify her during the argument; she would stop and when nothing changed the next disagreement would become explosive. Meanwhile, she stacked everything he did wrong counting it against him as another reason they were not compatible. He started to see her as a nag and she saw him as self-absorbed. Communication was congenial and logistical (where should we meet, kids have practice, etc.) but there was no connection and zero intimacy. Although they knew there was love in the relationship it had been lost in translation.

Clients' Intended Desired Outcomes

- **Communicate more effectively**
 - I help clients create a plan to communicate in a way their partner can hear them.
- **Find commonalities**
 - Through behavioral understanding I help clients find commonalities to rekindle connection and create space to rediscover how those commonalities can unify them as a couple.
- **Reduce/eliminate future resentment from disagreements**
 - I teach clients communication triggers and introduce them to *Systems for Success* to create deeper understanding during discussions thereby eliminating the judgmental "aftermath" of a disagreement.
- **Understanding differences**
 - When connection through commonality is (re)discovered differences become attractive again and respect for those differences become a strong foundation to (re)build the relationship.
- **Recreating intimacy**
 - By finding commonality and showing clients how to meet each other's needs while staying true to themselves I help couples reconnect on a deeper level and rekindle intimacy in their relationship again.

DISCovering The Difference

Through basic behavioral understanding my clients were able to see how their behavioral styles were responding to each other in negative ways instead of creating their ideal relationship. As a high influencer and driver married to a high compliance and driver we shifted focus on the characteristics they have in common including their drive for success. Defining success in terms of their marriage allowed them to work together toward a common goal. With equal commitment to achieving this goal they were able to create a plan that allowed them to appreciate their differences, see their similarities, enjoy each other and reconnect on an intimate level.

Results

“We have a loving authentic relationship based on communication, intimacy, fun and ‘present’ time together – thank you!!”

- By understanding each other’s behavioral style she learned she had to be more concise in her language with him and he agreed to be “present” for conversations. They also established pattern interrupts to stop non-productive conversations from continuing down a negative path. Their communication improved dramatically resulting in increased connection and intimacy.
- Once communication improved their focus and language changed from what they didn’t have in common to what could they do together. With the understanding, “you get more of what you focus on” they found many activities that brought them closer as a couple and as a family including but not limited to biking, skiing, movie night, game night and date night.
- The wife would stack a history of injustice to strengthen her case against her husband during an argument. With increased communication and a clear definition of their ideal relationship, she stopped bringing up the past so they could create their ideal future.
- Often we are attracted to people with characteristics different from our own. For this couple (and many others) with time, those differences become the foundation for disagreement and miscommunication. Understanding behavior removed the personalization of their perceive “bad behavior” (i.e. he doesn’t listen/she does it to be a nag) and instead allowed them to see it was their partner’s way of processing the situation. From that place they could focus on the benefits of their style differences. His high compliance created great financial stability while her willingness to take risk opened opportunities to create a better life for their family.
- Being task orientated the husband asked to schedule regular meetings with each other to evaluate their relationship progress. They are now giving new meaning to weekly “touch base” meetings.

About LMT Consulting

“Our mission is to help people do and be more than they thought physically, mentally, spiritually and financially possible while building businesses and lives worth talking about.”

We provide tools and techniques to help clients understand their behavioral tendencies so they can manage energy instead of time, direct conversations instead of respond to them and communicate with others at a higher level.

Our coaching has proven to develop self-awareness, increase confidence, cultivate personal commitment, reduce conflict, improve group understanding, enhance team-building, and create massive results for our clients.

Email: Info@LMTWorthTalkingAbout.com

For a FREE Introductory DISC Assessment and to Schedule a Consultation