



Jannine Oberg
The Heart Chakra Coach

*Falling in Love is Easy – Staying in Love takes Skill. Stay in Love with
Heart Centered Relationship Coaching*

Client Love Story

Alejandro and Sophia – Look into the Mirror

In real life it only takes a small gesture to trigger us into old patterns of emotional responses and beliefs. Here is an example from a beautiful loving couple I had been working with for a few sessions.

Both parties were standing up in front of mirrors featured on one wall of the studio that we were work in. I was preparing to do a closing exercise with them that uses energizing positive **EFT Tapping** while in a standing posture. Now, this was a couple who did yoga together, and who could mesmerize a crowd with their dance moves and make people blush with their obvious passion for one another! However, Alejandro moved off to the side just before we started. I noticed that Sophia looked distressed when he did this. I immediately proclaimed a learning moment.

I asked Sophia to use the **Imago Dialog** to describe to Alejandro what she was feeling in that moment.

“I feel upset that you are standing off to the side, because I think you must not want to be close to me, which makes me sad. And I’m disappointed that after our great session today you would move away from me.”

She did a wonderful job of sharing her presenting emotion with a neutral description, went into further feelings and deeper emotions, and described her resulting belief and perception. Alejandro responded with mirroring, validating and empathy. Sophia acknowledged that he heard and understood all of her feelings and beliefs about his move to the side of the room.

Next we did a reality test and Alejandro described with “I” messages why he moved.

“I moved to the side because the mirror directly in front of where I was standing was distorted. I didn’t like how strange I looked. It was distracting and I wanted to do the exercise without distraction.”

After this Sophia mirrored, validated, and empathized with Alejandro. Alejandro acknowledged that she heard and understand all of his reasons and beliefs for moving to the side of the room.

Our final step was to **Collaborate a Solution** that met both of their needs. Sophia declared she wanted closeness and Alejandro wanted a mirror image that was not distracting. They easily moved to an area of the room where both could stand close to one another, enjoy the warm feelings of our positive exercise, and see themselves together with perfect clarity.

They used their tools beautifully and even recognized the pattern that this small, but poignant incident illustrated. Both Alejandro and Sophia had revealed in their **Relationship Profile** that as children they had experienced 'abandonment' events. However, their responses to these events as children were opposite.

Alejandro had learned to pull back and detach, so as not to feel the pain of being separated. It became more 'normal' for him to have periods of disconnection, which protected him from feeling abandoned; yet resulted in not being as tuned into connection.

Sophia had learned to move closer in order to lessen the pain of being separated. It became more 'normal' for her to seek out situations that required connection, which protected her from feeling, abandoned; yet resulted in being highly attuned to connection.

In a later **Couples Coaching** session Alejandro and Sophia created their **Joint Relationship Vision**. The vision was so beautiful that I teared up (truly this is a blessing for me as a counselor to be privileged to be present for such loving and profound declarations) and this painful dynamic was transformed.

They had created events and circumstances that moved Alejandro safely towards building more connection and experiencing more intimacy with Sophia. And they had created circumstances where Sophia could safely take a step back, yet still easily receive more connection and more intimacy from Alejandro. Truly they had healed this painful childhood wound through loving each other!

