



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*

### *Rene and Mark – Double Trigger*

Not long ago one of my clients came to me with a perplexing issue. Rene was certain that her boyfriend Mark was in love with her, as he expressed his feelings in myriad ways, but for some strange reason she couldn't accept the love he was showering upon her.

In fact, she was beginning to withdraw from the relationship altogether, even though she felt that she actually wanted to be closer to Mark and deepen the intimacy between them. Rene's withdrawal frustrated Mark and led her to question her own behavior.

I immediately recognized what was going on between the two. They were moving into what I call a **Double Trigger**. We can only do our lives at the highest level our defenses will allow. Mark was beginning to have his own internal issues triggered by Rene's triggered response of shutting down or 'rejecting' his demonstrations of love.

I asked Rene if Mark had issues of rejection showing up in his professional life and she said no. This suggested the possibility that the message that "he needed to be more and give more" to avoid rejection was more closely related to something that was modeled in early childhood perhaps with his own parents. And that Mark was finding it expressed through his intimate life with her. This sort of imprinting can subconsciously create a pattern matching mechanism in the brain (with the **Reticular Activating System/ RAS**) that then attracts in a partner – embodied by Rene - who matches the memory of this dynamic.

Though Mark was not present in the actual session, my first step was to take a look at his method of showing love. Was one of the problems they were having actually with the **way he expressed love** and was it a good match for **how Rene receives love**? I checked both her **Astrological Chart** and his for further information about natural and innate expressions of love and affection. The answer was a matching yes on all counts, so I knew we were looking at a deeper block.

**Self-sabotage** comes from deep within us and is buried in the subconscious. However, it certainly shows up through our actions and withdrawals. With many types of counseling, these unseen, deeply hidden issues are difficult to bring to the surface in order to make a conscious change. **EFT Tapping**, which works with the physiology and with brain patterning, is uniquely appropriate for working below the level of the conscious mind.

We started our EFT Tapping session with Rene for the presenting issues of not wanting to disappoint her boyfriend and not being comfortable receiving love and deep feelings from him. It turned out that these issues connected to some serious traumas with men that Rene experienced when she was a young girl. No one protected her at the time, and neither of her parents supported her through this trauma. As a child, Rene received the message that she couldn't speak up for herself or for her feelings, and that those who are supposed to love and protect her don't come through for her.

Now it made sense why Rene couldn't receive love from Mark. He fit into a few categories of learned beliefs that Rene's subconscious had stored in order to protect her, and stay congruent with how life works for her:

- 1) Men are potentially dangerous. Mark is male, therefore "I'm not entirely safe"
- 2) "I can't disappoint others" and Mark is showing disappointment
- 3) People who love me don't hear me, so "I can't discuss with Mark what I'm feeling."

We went into deeper EFT work by using **Matrix Reimprinting**. We reimprinted one of the scenes with men and released those old messages. Then we tapped in new messages and new beliefs that were consistent with who Rene really is today. We ended the session with a sparkle in her eyes. The shift in her energy was so powerful that we got up, stood in the center of my beautiful Balinese consultation room over the water and spontaneously did some Qigong type movements that reflected the freedom, ease and flow that she now felt.

In a later follow-up session, I gave Rene a modified **anchoring technique** from Neuro-lynguistic programming, so that every time Mark expressed love, care and affection she could keep it within. She updated me shortly afterwards. Rene has been able to keep more and more of Mark's love, which is increasing her affection towards him and lowering his frustration. He actually caught on to her anchoring technique, and together they have made this part of their special intimacy. Even though she didn't ask him to change in any way for her, their relationship is improving and deepening!

