



SHAWN'S  
**7** DAY PLAN TO  
REDUCE CONFLICT  
IN YOUR  
RELATIONSHIP

WHILE BUILDING TRUST, CARE &  
EMOTIONAL SAFETY

**Reimagine**  
**LOVE**  
with Shawn Haywood



Shawn Haywood

SHAWN'S

# 7-DAY PLAN TO REDUCE CONFLICT IN YOUR RELATIONSHIP

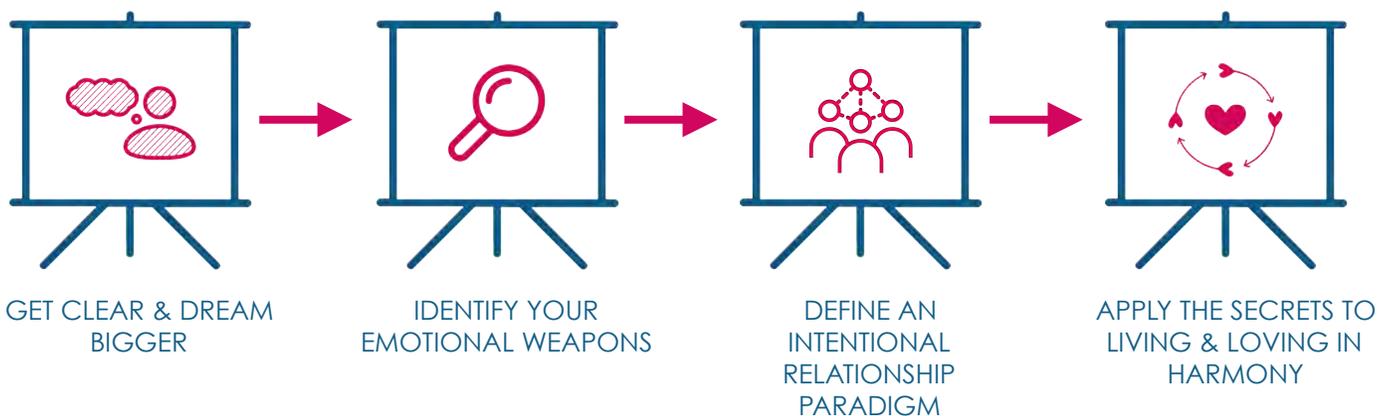
WHILE BUILDING BEAUTIFUL TRUST, CARE & EMOTIONAL SAFETY

**Hi, I'm Dr. Shawn Haywood!** I help couples transform their relationships. My focus is on helping my clients move past their relationship challenges, hurt, pain, frustrations and negative patterns. Then, step into a relationship where they can say "Yes", I absolutely have the relationship of my dreams! My mission is to change relationship dynamics in powerful and empowering ways.

I invite you to open your heart and your mind to the idea that ANYTHING is possible in your relationship. Then envision, and REIMAGINE your relationship in the most perfect and precious state you can conceive of.

If we are going to do any of that – we need to focus intentionally on what we are doing every single day and follow a plan for that day – so you can have the relationship of your dreams! I'm a huge fan of planning and practice – and have developed a very popular program called Relationship Greatness. It includes my signature, 4-step system, for creating a solid, strategic plan that works to change your relationship. And, it is a plan that you can actually follow.

Here are the four steps of the Relationship Greatness Program:



What makes the **Relationship Greatness Program** different is that it is built specifically for the two *individuals* in a relationship. It provides specific tools for each individual, even if your partner is NIT (yet) on board. It includes solid relationship strategy behind every step. So you aren't building your relationship based on unrealistic expectations, how 'your parents did things', fantasies about how relationships are 'supposed to be", or on philosophies that are built to fail.

You build a plan based on two individual people, a shared vision, and a solid Relationship Strategy from me, (a relationship expert), living the ABSOLUTE relationship of my dreams. What is more amazing, is that my relationship that is essentially conflict free – Chris and I argue less than a single had full of times per YEAR. Yes, you read that correctly, a few times each year. (AND I will share my secrets on how you can have a conflict free marriage or partnership too!)

The information below in my, **7 Days to Drastically Reduce Conflict In Your Relationship** is pulled from step 3 of the Relationship Greatness program – *Reveal Your Key Emotional Weapons & Solve Them for Good!* It is a sampling of the tools I used to make sure I created the relationship of my dreams (and far beyond).

**For more information on every part of the Relationship Greatness Program – please visit:**

<https://www.reimagine love.com/relationship-greatnes-group-course>

*Cheers to connecting more and removing conflict every single day!*

## SHAWN'S 7 DAYS TO REDUCE CONFLICT IN YOUR RELATIONSHIP

# DAY 1: COMPETITION & HUMBLE PIE!



One of the biggest problems in marriages and relationships today, is **competition**. Where competition lives, connection slowly shrivels up and dies. Where there is competition, there lives division, hurt, and resentment. Competition can look like the following:

- Fighting to be right, make a point, or win an argument
- Arguing / crying to be heard or understood
- Arguing / crying to prove your partner is wrong
- Or, competition can show up as things like justifying, excuse making, criticizing or defensiveness

Relationship competition is destructive because it ends too many situations, arguments or interactions with a winner/loser dynamic. This seriously disrupts connection, while eliciting feelings of resentment, and ultimately division in the relationship. I am guessing that you are hoping for something different in your relationship than feeling divided, right? Aren't you dreaming of something beautiful, harmonious, deeply caring, emotionally safe, and FUN!

Well you are in luck, removing competition will absolutely help.

# PRACTICE

1. Begin catching yourself in the act when you get into competition mode with your sweet-heart. Becoming aware is the first, most important step in any change or transformation.
2. Next, STOP in yourself dead in your tracks. And be brave enough to eat your humble pie. Yes, apologize. Saying, "I'm sorry" goes a very long way in healing relationships. Do your best to STOP yourself at least 3-5 times today.

Sure, apologizing when you first begin to interrupt the forms of competition that exist in your relationship, often goes down like a fist full of razor blades, especially when you feel REALLY justified! (Especially if you are particularly stubborn or prideful, like I used to be!) But, it will get easier, I promise.

Practice asking yourself, "do I want to win (or be right), or do I want to be loved, loving, happy and connected?"

## DAY 2: APPRECIATION



Appreciation is SUPER simple. It is also an easy action to forget when it comes to family members! How often do you actively, look for and focus on, things to deeply appreciate about your partner? Instead of focusing on pet peeves, annoyances, or frustrations, or on what your partner is NOT doing or you perceive he or she is doing WRONG- set your sights on what your partner is doing well, right, kindly, and so on.

### PRACTICE

1. Today (and every day), commit to seeking out 5 gorgeous opportunities to deeply appreciate your partner.
2. As you find things to appreciate him or her for, take a moment to look in your partner's eyes, touch him or her fondly, and share each appreciation

As I write, I have already appreciated- genuinely appreciated, Chris (my husband!) for cooking breakfast, helping me with a technology issue, driving me to the grocery, and booking a camping site for us for future travel – and it is only 10:50 AM!

It is the simple, sweet, every day things that each of us has the great opportunity and choice to appreciate or ignore.

If you do choose to engage this appreciation exercise, five times each day for the next 30-60 days, you will be on your way to transforming your relationship. Practicing appreciation is a simple effort in retraining what you actively CHOOSE to look for in your partner. If you choose to look for fault, negativity blame, problems, or upset with your partner, you WILL certainly find it. BUT, if you COMMIT to see the positive, the good, the sweetness, the small loving gestures, and all that is positive, you WILL find it! And you will have the added benefit of reveling in exquisite love ... together, as unified partners.

Have fun with this one!

## DAY 3: STAND IN YOUR PARTNER'S SHOES



Essentially everyone has heard this adage, “don't judge another until you've walked a mile in another man's (or woman's) shoes.” Seems simple enough, right? The thing is, people get so darn caught up in their own stories, perceptions, drama, negativity, and agendas. Each person is certainly the star of his or her own show, and this encourages people to seek out reasons to be on ‘my’ own side, and see things only from one's own vantage point.

But remember, you can no longer be on separate sides, no division, no win/loss, no separation, if you want a truly GREAT relationship!

### PRACTICE

1. Today, set a timer for 10 minutes. Do this three times. In each 10-minute segment, practice envisioning what your partner or spouse's fears, insecurities and struggles might be like. Really dig in. Everyone faces fears, insecurities and challenges, so do your best to soften your heart, and get into your partner's head and heart. I cannot tell you how many clients suffer, feeling so alone. People suffer in silence, not wanting to burden their partner or families with their internal battles or pain.

2. Next, consider how you might treat your partner differently if you knew s/he was facing suffering, in pain or struggling with fear, self-doubt or other internal battles. Consider how you would feel if you knew your partner felt similar suffering, pain, frustrations, struggles, fears or insecurities as you? Would this be eye opening? Would you have more compassion? Often, when we stand in our partner's shoes for a day, we can soften our own frustrations, blame, criticism, or nit-picking, and share more compassion instead.

What a gift!

If you really walked a mile (day or week) in your partner's shoes, and deeply felt his or her pain or suffering, how would you treat him or her differently?

Think about how you would like to be treated when you are feeling overwhelmed, frustrated, defeated or isolated?

Now, go off and spend today treating your partner as if you understood his or her pain or problems!

Then, send me a note and tell me how it goes! [Drhaywood@liberatemylife.com](mailto:Drhaywood@liberatemylife.com)

## DAY 4: VULNERABILITY



Truly joyful, caring and connected relationships are powerfully emotionally safe. A significant slice of what is required to build emotional safety is the practice of vulnerability. Vulnerability is simple, yet can feel emotionally challenging when you first begin practicing. At its core, vulnerability comes down to sharing your inner world of fears, secrets, hopes, dreams – and anything in between.

Vulnerability requires courage in many, if not most, cases. This is because being vulnerable can lead a person to feel more naked, than actually being naked! This was very true for Chris and myself. When we first began practicing vulnerability, we were terrified! But, it was so beyond worth the the effort. And practicing vulnerability has been one of the very best things we have done in and for our relationship... and it can be for you too!

## PRACTICE

1. Begin small and build. As you build and strengthen your vulnerability *muscle*, start with “1 or 2 lb” vulnerability weights. You will want to be sure that your partner will

hold your vulnerable sharing as sacred, thus demonstrating emotional safety. If you receive back lash for sharing vulnerability, then you will want to see about getting help and support in your relationship right away. But, give it a several attempts. Vulnerability is amazing, but it takes time to build vulnerability together.

2. As you practice sharing vulnerability, be patient with your partner. It usually takes one partner a little longer to get started. So keep sharing and breathe if you feel like you are out on a limb alone! S/he will join in eventually and it will become a grand party!

Trust this process and you will enjoy the sweetest of fruits!

## DAY 5: RELEASE PRIDE



Pride! It's a real stinker, isn't it! People are full of pride and stubbornness, right? We are all, in a sense, spoiled rotten brats who want everything 'MY' way! Are you nodding your head and giggling?! It just seems to be the way it is. But, be assured, it doesn't have to be the way it is. Pride does not have to play a role in your relationship at all, if you don't want it to. And of course, you and your partner will be 1000 times happier when you cast pridefulness and stubbornness aside. After all, pride (and stubbornness) are skills that promote competition, division, and fighting for the sake of just being right- while eroding trust, connection and care. So, let's be collectively committed to removing any habit that does not encourage connection, love, trust and care.

## PRACTICE

1. Today, notice what your body language looks like when you are behaving in prideful ways. Are your arms crossed? Do you have trouble making eye contact? Are you stomping off or pouting? Don't feel bad if these questions end in yes! I used to be a wild offender of these

offenses, and many more (blush...). But, I learned to let go of pride and the accompanying behaviors, and so can you.

2. Once you recognize what your personal *pride* body language looks like, it is time to soften... Literally, relax your face (as one is usually scowling, eye-rolling, or snarking when feeling justifiably prideful!) Relax your arms, shoulders, etc. Then, it is time to open your beautiful heart toward your partner. Turn into one another, not away.

Pride is a significant downfall of relationships. I can speak from personal experience, being prideful makes for a great deal of inner loneliness. So do your best to release pride and embrace your big, beautiful open heart! Everyone will be happier, more loving, and a ton of conflict will diminish rapidly.

## DAY 6: BLAME FREE LOVING



Ok, day 6 is the BIG show! This is the one you have been preparing for all week. It's time to give up blame. Yes, really. It is time to set blame free. Why? Because blame free relationships ARE conflict free relationships. Hear that again, where there is NO blame, there is NO conflict.

Think for example, about the last three or four times you argued (or were somehow upset) with your partner. Now ask yourself, what were you blaming him or her for in each situation? Now think about the situation in the ABSENCE of blame. What if you thought about it in a different way? What if you took equal responsibility for the situation? How would things change? How could things change?

I know this can be a tricky concept, which is why I spend a full month teaching this concept in all of my courses and in private coaching. BUT, suffice to say, you can, on your own, begin to let go blaming. And when you do, conflict WILL dwindle bit by bit by bit.

For an entire FREE course on how to remove blame, just email us at:

[Support@ReimagineLove.com](mailto:Support@ReimagineLove.com). We are so happy to share this with you! Everyone deserves to be happy in their relationship or marriage.

## PRACTICE

1. Day 5 practice is going to require a big effort in letting go of PRIDE! The time has come to admit, to acknowledge to yourself that when you are blaming your partner for ANYTHING, that you have fallen into competition mode and are trying to win, and therefore trying to make your partner a loser. Additionally, when blaming, one is not taking the time to consider how it is to walk in your partner's shoes, NOR practicing vulnerability.

Whew! This one is a doozy! Removing blame, means you get to practice bits of the past five days lessons as well!

2. Once you catch yourself in the act of blaming, decide to breath and release the pride or stubbornness that is bubbling up. Then, say these words to your partner, "I am blaming you for \_\_\_\_\_. But I want to feel happy and stop blaming. I want to solve this situation, not compete with you about who is right or wrong. Can you help me solve this?' This statement instantly softens your heart and the heart of your partner. These words are deeply, and beautifully vulnerable and can easily open the door to a calm, loving conversation.

It is just ONE day. Give it a shot. What have you got to lose? Good luck, you can do it!

## SHAWN'S 7 DAYS TO REDUCE CONFLICT IN YOUR RELATIONSHIP

### DAY 7: PLAY!



When was the last time you and your partner PLAYED together? I mean really played? Like climbed a tree, put a puzzle together, or giggled until dawn like school girls at a high school dance? I mean really played together, totally care-free?

If you are having to think hard about the answer to when you last played, then it has been far too long. Humans are designed to play, and need to play. Too often, when we begin *adulating*, we think, "it's time to grow up and get serious about life". But why, I mean really, why? That just sounds boring and, seriously un-fun. We get one trip around this planet, so to speak, so shouldn't we cherish life? Shouldn't life be a grand party, an adventure, and filled to the brim with play and fun?

I think so. And coincidentally, research agrees!

Couples who play together, stay together. Couples who play together, have more in common, and more sex. They are healthier, and more profitable emotionally and financially. And, well, obviously, they have more fun!

# PRACTICE

1. Today, sit down with your sweetie and do a brain dump! Each of you can list anything and everything you can think of that feels, looks or sounds like PLAY! Here are a few ways Chris and I play together: hiking, biking, yoga, Pilates, tree climbing, paddle boarding, travel (we live, work, play, full time in our Airstream camper) messing around tickling each other, or otherwise being silly, playing games like Uno, Triominos, or scrabble, cooking together, playing with our pups... and on and on it goes...

2. NOW, pick one or two things from the list that sound super fun and go out and play together today! Today!

Couples who PLAY together, STAY together! So don't delay!

## SHAWN'S 7 DAYS TO REDUCE CONFLICT IN YOUR RELATIONSHIP

# WRAPPING IT UP

**Congratulations! Your first 7 Days to no more conflict is complete!** Be so proud of yourself and your commitment to having a thriving relationship!

Once you spend 7 full days experiencing LESS conflict and MOVE connection, press RINSE & REPEAT! Redo the 7 days again, and again. *This is key.* The first 7 days will produce fantastic results and you will get traction. Each 7 day cycle afterward, will produce more and more fruit.

I hope these tools give you the inspiration and support to commit getting rid of conflict and building connection, trust, and care with your partner. Please feel free to stretch your vulnerability muscle, and share this eBook with your partner so you can do all 7 days and practices together.

Want to create more CONNECTION? Or to free up some EMOTIONAL energy? To be more POSITIVE in your relationship Or to just feel HAPPIER about your relationship and life in general?

IN MY EXPERIENCE, MOST COUPLES ARE  
WORKING AS HARD AS THEY CAN,  
BUT DOING MANY OF THE WRONG THINGS!  
I STARTED THERE TOO. AND SO DID MY HUSBAND, AND OUR RELATIONSHIP.

But relationships do NOT have to have so much struggle. They can be smooth and easy.

There's a simple process to making your relationship more connected, trusting, caring and playful. And you do not have to give up anything to get there (well, maybe a few negative habits!)

I invite you to take a deep breath. Really, BREATHE slowly ... as you are reading this right now. Now close your eyes and ask yourself – what do I REALLY want for my relationship? And am I willing to make a serious commitment to doing whatever it takes to have the most beautiful, inspiring relationship I can dream of?

And if the answers that come up for you are, 'you don't know' or that 'you just need more help', then know you aren't alone. **Learning new relationship skills is a bit learning a new language, and it's incredibly hard to do it alone.**

I invite you to set up a conversation with me, or one of my coaches, to help you figure out what your next steps in love and relationship could be, and how you could get more support to get you where you WANT to go. And don't worry – there is NO pressure, I promise – it's just a friendly way to support you :) **Remember, the first step to making real change is asking for help.**

Just email us at:

[support@ReimagineLove.com](mailto:support@ReimagineLove.com)

And we'll get you onto the calendar ASAP

## HERE'S A LITTLE MORE ABOUT ME:



Dr. Shawn Haywood,  
Reimagine Love  
Founder And  
President

Dr. Shawn Haywood, Relationship and Business Expert, PhRD, MA grad, and business owner, helps couple thrive, from business to the bedroom! She is passionate about helping them become emotionally and relationally profitable and to create the relationship & lifestyles of their dreams.

Her 19 years of business, lifestyle and relationship teaching, coaching, writing and program creation allows Shawn to show couples and business owners how to step into their role as the CEO of their Life, Relationship and Business. She shows them the HOW, and every step of the process to grow their relationship, life and businesses to the next level, without going crazy in the process.

**You can reach Shawn's team at:**

**[Support@ReimagineLove.com](mailto:Support@ReimagineLove.com)**

And we'll get you onto the calendar ASAP