

THE KEYS TO CREATE AN EXTRAORDINARY RELATIONSHIP

BY KIM VON BERG





About Kim

Kim Von Berg is dedicated and passionate about helping people enjoy the most fulfilling relationships possible. She is recognized for her unparalleled approach to communication, starting with the SELF and leading to miraculous and extraordinary relationships. For her keynote talk and program “Miraculous Communication, 3 Steps to Create Extraordinary Relationships,” she has developed a unique process that leads individuals, couples, and groups (including teams) to create truly exceptional relationships. Her transformative process taps into her treasure chest of skills. It highlights how relationships can become the greatest catalyst for personal growth and the experience of genuine happiness.

As an authority in her field, Kim is a sought-after speaker, trainer and coach, guiding the clients she works with to a life of positive communication and empowered relationships.

She also specializes in healthy romantic partnerships, having owned her business, Thriving Loving Relationships, since 1997.

Kim is a communication specialist with a Master’s degree in Humanistic Psychology. She is also a California-credentialed teacher and certified in Neuro-Linguistic Programming (NLP). In addition, she is a certified coach approved by the International Coach Federation (ICF). And, she is a *Calling in “The One”* certified coach, having mentored and trained with the national best-selling author, Katherine Woodward Thomas.

Kim began her exploration into the mysteries of romantic relationships when she realized she did not know how to do them without pain and misunderstanding. She met her now late spouse in 1988 - and embarked upon a marriage that had very tumultuous beginnings.

Alas, in 2008, Kim’s spouse passed away shortly before their twentieth anniversary - and, after a few years of grieving, she dove into studying what makes relationships thrive much more intently. Kim wanted to understand the source of why people’s romantic relationships often do not work.

She worked with many couples and developed numerous programs to help them. In the last few years, her programs have become immensely powerful, because they go beyond just techniques - and guide people to heal within AND develop skills to relate to one another in a way that is respectful, loving and supportive of each other’s greatest selves.

**THE GEMS OF MY TWENTY
YEARS OF PLAYING IN THE
FIELD OF HELPING PEOPLE
ATTRACT & CREATE THRIVING
LOVING ROMANTIC
RELATIONSHIPS**



I am so very grateful to all of you who have been part of my tribe for years - and stayed with me - as I step into a whole new look and creation of my relationship business! Thank you ALSO to those of you who are just beginning to follow me and glean from the rich content I have recently been putting out into the world.

It is so exciting to take the gems from my twenty years of playing in the field of helping people attract and create thriving healthy relationships - and meld the practical communication skills with deep inner work. What I have observed from my own process in love - and in working with hundreds of clients - is that most of us are programmed by our previous trauma and react unconsciously when the feelings from our past emotional pain get triggered. Nowhere does this show up more powerfully than in intimate close relationships, preventing us from reaching our fullest capacity to love and be loved. When we can heal ourselves from our past wounding at the very core - and train ourselves to not automatically react emotionally when such wounding gets triggered, then we

can finally be at choice in *how much love we can experience and give*. And, we do not have to be in therapy for years and years to do such healing. If we can get to the very source of our emotional pain and mentor ourselves out of the erroneous meanings we made from the past events that caused such pain, then it really does not take that much time to eradicate our skewed beliefs and thoughts and replace them with beliefs, thoughts and behavior that can embrace true love and joy.

I have seen time & time again that when we can go to the source of what may have been clouding our ability to be fully present with a beloved AND learn some powerful communication skills to keep a relationship healthy and growing, we have what it takes to then attract and create an extraordinary love in our lives. And, if we are already in a relationship, we can go from a good relationship to an extraordinary one... beginning with cleaning up our own relationship with self.

"CRACK THE CODE ON
HOW TO TRANSFORM
YOUR RELATIONSHIP TO
EXPERIENCE JOY,
DEEPER CONNECTION,
AND GREATER
PASSION!"



- Kim Von Berg
Relationship Expert & Love Coach

What Makes for an Extraordinary Romantic Relationship?



I would say that - first and foremost, such a relationship is a **HEALTHY** one. That means that there is respect, honor and trust, great communication and deep listening, safety to express one's feelings, thoughts and needs - and a willingness from both to be curious about the differences and discover how these can enrich and deepen the connection.

Now, how we can live from a place of being able to respect, honor and trust ourselves and a romantic partner - and have access to any advanced relationship skills we may have learned - is for us to come from our **Aware Self**, that is our adult self or what some psychologists call our “**real self**.” The more we can **LIVE** from our adult **Aware Self** - our true empowered wise and worthy self - the more we can choose to create conscious loving dynamic relationships.

It is important to not confuse our **Aware Self** with the inner critic or our wounded child! Here is a great article by Dr. Lisa Firestone, PhD, to help you know the difference between our

“**real self**” - or **Aware Self** - and your inner critic:
<https://buff.ly/2E5sYvI>

In addition, she talks about how we can “**tame**” our inner critic to allow our **Aware Self** to be in charge. More than anything, trust your gut. If you feel badly, more than likely that is your inner critic or your wounded child.

When two people can learn to live and relate mostly from their **Aware Selves**, they can lay a healthy foundation for the relationship - and, it then becomes possible for an extraordinary relationship to emerge. An extraordinary relationship is one in which each is committed to living from their greatest self - and seeing and supporting the greatest self of the other. When we live in this way, we discover one or more purposes for our lives - as well as (a) powerful purpose(s) for the relationship - and we begin to fulfill these purposes in an exciting way. Such a partnership - and life - is truly fulfilling and awe-inspiring.

Recognizing Your Own & Your Partner's Wounded Child State

I have been exploring how it becomes possible for a couple to create an extraordinary relationship - and what is necessary for each in the relationship to be able to be fully present and love to their greatest capacity.

I spoke about the three primary ego states (the critic, the wounded child and the Aware Self) that we most often relate to each other from - and that our Aware Self is the place in which we can be our wise authentic self, capable of true love, respect, honor and trustworthiness. We can learn to become more conscious and step into our Aware Self with some skills and healing practices.

Now, in the previous blog article, I explored how we can know the difference between the Aware Self and the critic. In this article, we're going to explore how we can know when our wounded child ego state is coming up. You often go "unconscious" in this way when you get emotionally triggered. I will explore a little further how you can recognize when you get emotionally triggered in relating with a loved one.

Some obvious signs that you have been triggered are when you start to feel badly about yourself - and you seem to lose some of your reasoning capacities. On a physical level, your breath gets shallower - and signs of being upset or angry occur such as your jaw tightening or you get hot in the face &/or neck. Really, what is happening is that the amygdala - that part of our limbic system often called "our lizard brain" has taken over in what Daniel Goldman coined "the amygdala hijack."

Dr. Peter Levine, one of the foremost experts in the world on trauma - and author of *Waking the Tiger, Healing Trauma*, was interviewed on Neil Sattin's Relationship Alive program to explore what happens when we get triggered in our intimate relationships. (Listen to this interview at: <https://goo.gl/ECeX6y>)

In this interview, Dr. Levine talks about how our partner may do something, or not do something, give a look - or say something, and all of a sudden, our body reacts by developing a knot in the stomach, a tightening in the shoulders, faster heartbeat. Our brains look to find causation for this symptomatic response, and often, will attach blame to anyone nearby! We might then begin believing this must all be about our partner - when in reality, it is most often the result of an echoing of earlier memories stored in our own body. A relationship and interaction will go nowhere when both people are stuck in a trap of blaming and shaming.

"Somatic Experiencing" (a form of therapy developed by Levine that addresses physical trauma-related problems) helps people learn to experience their emotions and sensations in their body and notice all that goes on without having to react. It helps people go from being closed and defensive to open and curious - which is KEY to trauma recovery!

When we do drop into our wounded child ego state and get triggered, this is actually an opportunity to heal! Our intimate relationships are ideal places to have our traumas arise, because we can face our memories and reactions with a trusted person who can share it with us, hold us, and be with us as we release these traumas - and experience greater aliveness, joy and connection.

Now that we have explored how we can recognize when we or our beloved partner has gotten emotionally triggered - and why it is not a good idea in such a state to attempt to resolve challenges with our partner, I will be exploring in my next article what we can actually do to help our wounded child to heal and restore ourselves to the adult Aware Self where we have access to all of our heart, wisdom and skills to be able to resolve whatever challenges we are having with our beloved and to give and receive love in our greatest capacity.

How Can We Actually TRANSFORM & Heal from Getting Triggered?

“The process of change requires you becoming conscious of your unconscious self.” – Dr. Joe Dispenza

So, we've been exploring how to recognize when we are emotionally triggered – and have dropped to our wounded child state. We also looked at why it is a bad idea to trust your judgments & thoughts in this state - and to avoid attempting to resolve a conflict with another until you can stop being triggered!

I love this quote by the Founder of the Heartmath Institute, Doc Childre:

"We have to become more conscious of our feeling-world. By learning to identify the 'emotional baggage' and manage our feeling-world reactions, we can view life based on current information instead of being held captive by our past. However, since emotional processes can work faster than the mind, it takes a power stronger than the mind to bend perception, override emotional circuitry, and provide us with intuitive feeling instead. It takes the power of the heart."

In the last article, we explored the automatic physiological responses when a situation has reminded you of some past wounding or trauma. Not only do you have physical reactions to a trigger, but some involuntary psychological responses will arise as well.



Nothing will drop you into the unconscious negative beliefs that you formed years ago faster than a situation that triggers you. You formed these beliefs as a response to something that had traumatized you years ago - particularly about your own self - such as “I am not wanted” or “I am defective,” “I’m not important” or “I’m not safe.” This is a painful place to be operating from – and tends to generate a whole world of experiences to reinforce these beliefs. (Here’s a Forbes article to explain more about this: <https://goo.gl/DK5CPS>)

Truthfully, we are ALWAYS at choice in how we react and what we feel. Marilyn J. Sorensen, an internationally acclaimed author, says: “Emotions do not come as the result of an observation or an experiment, but rather as the result of the things we say to ourselves ABOUT those perceptions or situations.” But, how do we catch ourselves in the act of telling ourselves lies, get back on track – and be able to choose how we want to respond?

That is what I want to explore now – i.e., not only what to do about getting emotionally triggered & how to “manage our feeling-world reactions”- but how can we actually transform and heal from getting triggered?

If we don’t learn what it takes to heal from these triggers, we will forever be dropping into our wounded place every time a similar situation happens! And, when we do this, it becomes almost impossible to see things for what they are – and practice any relationship or communication skills that you may have learned in a truly loving and effective way.

(Continued on the next page.)

Long time relationship expert, Harville Hendrix, says in *Making Marriage Simple*:

"Since the partnership is designed to resurface feelings from childhood, it means that most of the upset that gets triggered in us during our relationship is from our past. Yes! About 90 percent of the frustrations your partner has with you are really about their issues from childhood. That means only 10 percent or so is about each of you right now. Doesn't that make you feel better?" LOL!

This has been something I have studied and worked with clients around for years! And, not only did I observe such a challenge in other couples – but in my own relationships. So, I really dove into discovering how I could help myself and my clients be able to grow our relationships & helps us “off the ledge” of being hijacked by our wounded child when we get triggered! Eventually, I came to what I now call my **THREE KEYS** to not only help us deal with getting triggered but to take advantage of the trigger to heal our own selves & connect with the one we love in front of us on a deeper and more empowered way.

And, instead of going into a lengthy treatise on these keys, I have decided to offer to you a recording of an hour-long workshop I created that presents these **KEYS**. They will show you how you can transform from your triggers – and learn how to then step into your Aware Self who has the capacity to be fully present with your beloved and work out anything that needs to get resolved or understood. When you can do this with your beloved, it becomes possible to connect with him/her on a much deeper level – and evolve the relationship.

The workshop is called “Transform Emotional Triggers; 3 Keys to Transform Your Most Challenging Moments in Your Relationship.”

To access this workshop, just go to: <http://bit.ly/TransformEmotionalTriggers>



Here are just a few stories from participants who went through the private couples program: ***Miraculous Communication™*** :

3 Steps to Create an Extraordinary Relationship

(I have changed their names to protect their anonymity):

(I) Jackson had been working with me privately - and was having marital challenges. He is a forty-two-year-old CEO of a corporation - and would often put in an 80 hr work week.

Eventually, he & his wife came to see me together. His wife, Marie, was feeling very neglected. There was a lot of resentment toward each other. (For one thing, Marie wanted to have children - but there was never the time to relax and focus on having this happen.) They had tried three different marriage counselors before they came to me. When they started working with me, they were seriously considering divorce. But then, I suggested they take my program before they make any decisions.

Because they knew that divorce could not only be damaging to themselves & for all of their mutual relationships, but it could be very costly financially, they signed up for the private Miraculous Communication™ 3 Steps couples program.

So, they participated wholeheartedly in this program - and came to all eight of the sessions. And, something unbelievable happened... Both began to feel the same love & adoration that they had when they first met. Well no. Actually, they felt these feelings much more intensely in the retreat! And, they took on really learning & practicing the skills that I teach to be able to maintain this new found level of connection that was born. And, I heard from Jackson just before these past holidays that their relationship is stronger than ever ...and, Marie is now six months' pregnant with a baby boy!



(II) Joy & Brandon came to me last year on the brink of divorce. They had begun a business together that is a great success internationally - but their relationship was greatly suffering. They had been married for 35 years & their three kids were grown.

After my Relationship Transformation intensive, they signed up for my private Miraculous Communication™: 3 Steps to Create an Extraordinary Relationship program for couples. Halfway through the program, they began to communicate as they “had never done in thirty-five years.” (I am quoting Brandon.) Suddenly, they saw one another in a whole new light - and came to appreciate the differences. After completing the program, they truly enjoy each other's company.

I just heard from Joy that they have now decided to retire next year - and look forward to their plans to cycle across the European continent together!



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services for couples at:
www.KimVonBerg.com
& for singles at:
www.ThrivingLovingRelationships.com**



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transformational love & relationship
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