

# FROM CONFLICT TO CONNECTION

THE 3-MINUTE RESET FOR REAL  
RELATIONSHIP REPAIR



IRENA KAY, M.D.

# FROM CONFLICT TO CONNECTION

THE 3-MINUTE RESET FOR REAL  
RELATIONSHIP REPAIR



IRENA KAY, M.D.



# Table of Contents

**1. Overview**

**2. Proof**

**3. The 3-Minute Exercise**

**4. Next Steps**



# Overview

In today's world, the volume of information we encounter daily—news, emails, social media, phone calls, and constant notifications—is overwhelming.

Some estimates suggest that the amount of data we process in a *single day* is more than what early humans encountered in their entire lifetime!

The bombardment of thousands of inputs is chronic and relentless.

# Overview cont.

The brain also needs to constantly sift this information and decide on what actions to perform.

These actions are supposed to help us not only survive, but thrive.

With so many daily impressions, no wonder the brain's nerve cells, neurons, are firing furiously...until it feels like overload.

And overload leads to stress.

This happens constantly even when we're only by ourselves...now add another person to the mix and the result can be explosive!

# Overview cont.

It's only natural that stress leads to friction in relationships.

The closer we are to the other person, the stronger the friction.

What was once an endearing quirk can become an annoying habit.

Conflict is inevitable!

But conflict doesn't have to mean ever increasing stress until the relationship falls apart.

On the contrary, *resolved* conflict means more mutual understanding, empathy, builds trust, and fosters deeper connection.

# Overview cont.

A couple that has gone through fire, and made it out still reaching for each other, is stronger than ever.

To paraphrase Winston Churchill:

“If you’re going through marital hell — keep going. The only way out is through, and the reward is love reborn.”

*That* is my exact experience...

Still, not everything is only roses going forward. Especially when stress creeps in again!

# Proof

That's why I created the following 3-Minute Exercise using stress relief mechanisms that are based on neuroscience.

Mark Waldman, the creator of NeuroWisdom and faculty at Loyola Marymount University has studied the brain extensively and also did research on what exercises help with stress relief and anxiety.

Studies include brain scans of volunteers to see which centers of the brain are fired up during certain activities (like watching a horror movie) vs. in relaxation, meditation, or during mindfulness practices.

# Proof cont.

Shirzad Chamine, the creator of Positive Intelligence, has used similar techniques with CEOs and teams of fortune 500 companies to improve their performance so they can achieve their true potential.

The following exercise is a combination of proven techniques that have been useful for tens of thousands of people worldwide.



# The Exercise

My 3-Minute Reset is what I call a “Multi-Sensory Breathing” exercise.

Before you roll your eyes, thinking: not another “inhale, exhale” - or “inhale, hold, exhale” routine...

Remember, the brain CANNOT be angry or stressed at the same time as being 100% focused on an *input from your five senses*.

Being “mindful” in this way requires different areas of the brain to be active.

# The Exercise cont.

My guess is, you're reading this when you're reasonably calm, not when your partner has driven you up the walls or you're so furious you could smash the furniture.

It's great to know an escape mechanism though.

The first thing, if you can, is remove yourself from the *physical* location you're in during the heat of the moment.

In the best case scenario, go outside into nature. Green is always calming.

# The Exercise cont.

Many times, that's not feasible, and that's when you need something to lower your blood pressure quickly.

## **Here goes:**

If you want, you can set a timer and practice (recommended!)

Either close your eyes or let them go soft and unfocused.

Feel yourself grounded to wherever you sit or stand. Feel what's underneath you. Become aware of the temperature of your chair or the floor under your feet.



# The Exercise cont.

Now, slowly inhale through your nose and note whether you feel the need to breathe heavily.

If that's the case, consciously slow down by counting seconds. (The brain *likes* it when you do something differently).

As you inhale and exhale normally through the nose, try to feel the temperature of the air as it enters and exits your nostrils. Is it warmer on the way out?

# The Exercise cont.

While breathing slowly switch to your hearing. What is the farthest sound you hear? A car in the distance? Someone rummaging around in the house?

Then try to listen to the closest sound you hear. Can you hear your own breathing?

During the next few breaths take the thumb and forefinger of one hand and rub them together.

Pay close attention to how those fingertips feel. Are they smooth? Rough? Can you feel the ridges that make your finger prints unique?

# The Exercise cont.

Repeat the same on the other hand.

Next, take your right hand and glide over the whole palm and fingers of the left hand. What is the sensation in your left hand? Does it tickle? Feel nice?

What do the finger of the right hand tell you? Is your left palm smooth? Calloused? Warm?

Now switch hands by letting the left hand explore the right.

Is there a difference to before?

# The Exercise cont.

When you're done exploring, savoring these new sensations, place your hands on your lap.

Do they feel warm on your legs?

What does the rest of the body feel? Tense somewhere? Relax...

Can you feel your own heart beat?

Notice how your tummy slowly and gently rises and falls while you're breathing.

After a moment, open your eyes if they were closed and let your awareness come back to where you are.

# The Exercise cont.

You may add a few seconds by focusing on something visual as well, intently exploring every detail.

\*\*\*\*\*

Lastly, without judgment be still for a moment and observe:

How did your mood change? What emotions are you feeling now?

Are your thoughts less emotional?

While the *root* of your anger might not be resolved, at least your blood pressure will have normalized, and your brain is not anymore in a frantic “fight-or-flight” mode.

# What Happened

When the brain is calm, another brain region gets activated. Reason returns. Perspective widens.

A reset can restore connection in the moment. That is the first step in real relationship repair.

But if the same tension keeps resurfacing, there is often a deeper load being carried — one that is anchored in the body's nervous system.

If you're ready to examine what you've been carrying — and release what no longer belongs to you — the **next step** is a short, self-guided unburdening experience.

# An Invitation

“The Unburdening” is a contained mini-course built around the Body Wisdom Process.

It helps you identify the script your nervous system has been running — and release what is no longer necessary to carry.

The exploration is self-paced.

Investment: \$47.

[Start the Unburdening](#)