



QUEST THREE
**UNCHARTED
WATERS**



Salon



UNCHARTED WATERS

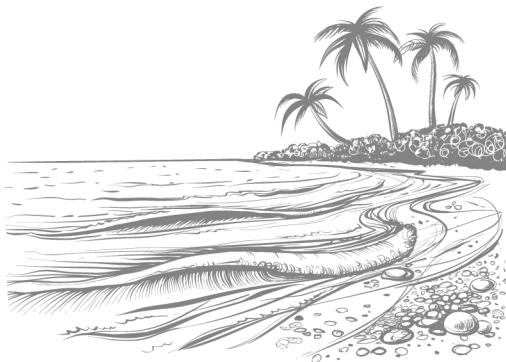
Navigating the Unknowns of Your Relationship

Relationships, like oceans, are vast and complex. Often, we find ourselves comfortably sailing familiar waters, guided by established routines and shared histories. However, it is in the uncharted territories, the unexplored depths of our connection, where ultimate growth and intimacy reside.

What if instead of fearing the unknown (or the unexplored), we embraced it with curiosity and playfulness? What if we saw challenges not as obstacles, but as opportunities to discover new facets of ourselves and our partners?

This Salon invites you into an exploration, to redefine your relationship, and to rediscover the passion, excitement and connection that ignited your love in the first place. This journey will involve uncovering unspoken desires, addressing potential triggers and increasing the resilience of your Coupleship.

Our goal is to create a safe space where you feel empowered to express your authentic selves and to foster deeper connection with your partner. Let's set sail on this journey together, with openness, tenderness and a willingness to grow.



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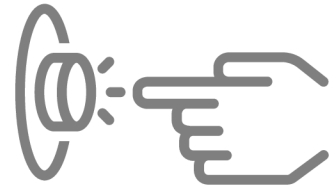
DESIRE

Desire refers to a strong feeling of wanting to have something or wishing for something to happen. It often involves an emotional longing or craving for a person, object, experience or outcome.



TRIGGER

A trigger is something that causes an emotional or psychological response, often connected to a past experience or trauma. Triggers can provoke reactions such as fear, anger or sadness and are typically specific stimuli like words, sounds or situations.



INTRIGUE

Intrigue refers to the quality of being fascinating or captivating, arousing curiosity or interest. A genuine desire to learn about one another.



TENDER APPROACH

The *Tender Approach* is a method for navigating sensitive or challenging conversations within your relationship. It involves shifting focus from the potential conflict to understanding and connection.



(Tender Approach Step-by-Step on page 6 & 7)

UNCOVERING UNEXPRESSED DESIRES

GOAL

To create a space where you feel truly heard and known, shifting the focus from trying to get what you want to exploring uncharted territories in your partnership. Through open conversations and the act of sharing unexpressed desires, the aim is to discover something new together that fosters mutual satisfaction and intrigue.



IMPORTANT

For the sake of this exercise, choose something that is a level 6 or below and that you would feel comfortable sharing in front of others today. Once you practice with the community you can move toward more edgier desires and ask for those at another time.

Answer this question individually first.

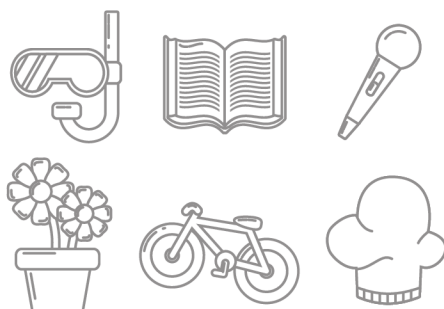
Do not share it with your partner until we guide you to do so.

What is a desire you have that you are afraid to ask for in your relationship?

In other words... What are you not asking for that you really want?

UNEXPRESSED DESIRES EXAMPLES

- **To take a solo vacation:** Requesting to go on a trip alone or even with a group of friends without your boo.
- **To have more alone time:** Asking for personal space to pursue individual interests or to recharge without feeling guilty.
- **To discuss financial transparency:** Bringing up concerns about money management or shared expenses.
- **To experiment with open communication boundaries:** Asking to explore new ways of communicating, such as nonviolent communication techniques.
- **To rekindle an old hobby together:** Proposing to engage in an activity you once enjoyed but have since dropped.
- **To explore a new career path:** Wanting support to pursue a different job or business venture, even if it means a temporary shift in dynamics.
- **To attend therapy together:** Suggesting couples counseling to address unresolved issues.
- **To spend more/less time with your partner's family:** Desiring a closer relationship with in-laws, even if it's been a source of tension.
- **To have more spontaneity:** Requesting less routine and more surprise or adventure in the relationship.
- **To receive more verbal affirmations:** Wanting more expressions of love, appreciation, or acknowledgment.
- **To re-negotiate shared responsibilities:** Asking to redistribute household or parenting duties.
- **To explore different dynamics in the relationship:** Proposing a shift in roles, such as taking turns being the primary decision-maker.
- **To share a long-held secret:** Wanting to reveal something personal that's been kept hidden out of fear of judgment.
- **To reconnect with an ex as a friend:** Desiring to maintain or rekindle a platonic relationship with someone from the past, despite potential discomfort.



THE TENDER APPROACH

Continuing our nautical theme, let's talk about the "Tender Approach." Just like a tender is a smaller boat used to navigate between a larger ship and the shore, this approach helps us break down big challenges into manageable steps.

As you move into uncharted waters, you never know what you might encounter. To avoid rocky shores we send out "a tender" to explore the path ahead. It might encounter hidden reefs, sirens or calm coves. This smaller vessel helps us assess the situation before committing the entire ship.

In essence, the Tender Approach is about simplifying complex issues. By breaking things down into smaller, more manageable parts, we can navigate challenges more effectively and avoid potential pitfalls (aka triggers).

When to Use the Tender Approach

- When a partner expresses a desire that triggers a negative emotional response.
- When a conversation is escalating and becoming unproductive.
- When you want to deepen understanding and connection with your partner.
- When you want to slow down and work through it together.

Open Dialogue:

- Maintain open and honest communication throughout the process.
- Seek out an *All Needs Met* solution - one that serves the relationship's North Star.

Key Principles of the Tender Approach:

- **Empathy:** Understanding and sharing the feelings of another.
- **Connection:** Building and maintaining a strong emotional bond.
- **Vulnerability:** Being open and honest about your own feelings.
- **Collaboration:** Working together to find solutions.
- **Patience:** Allowing time for understanding and growth.

By following these steps and embracing this process, you can navigate challenging conversations with greater ease and deepen your connection.



TENDER APPROACH | STEP-BY-STEP

SHARE DESIRE

Partner A

- Share your desire
- Once complete ask partner B...

“Are you Intrigued or In Trigger?”



Partner B

- Respond to the questions with...

“ I’m Intrigued” or “I’m In Trigger”

IN TRIGGER? BEGIN HERE

IF INTRIGUED GO TO NEXT PAGE

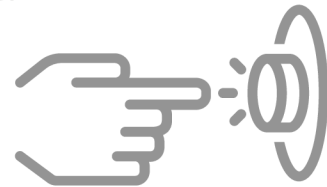
(1) Notice & Stay Present:

- Recognize that you or your partner are feeling triggered or overwhelmed
- Take a moment to slow down and be present with each other

(2) Self-Regulate or Co-Regulate*:

- Ground yourself and manage your own emotional response
- Ask to breathe together and get in sync to shift the energy
- This allows you to respond rather than react

**See page 9 & 10 for regulation techniques.*



(3) Invite Sharing:

- Create a safe space for open communication
- Gently encourage your partner to express their feelings and thoughts
 - Use only- “I felt / I feel” - not the story of the thing, share what you are feeling

(4) Empathize and Attune:

- Connect with your partner's feelings and perspective
- Show empathy and understanding without judgment
- Avoid defensiveness or blame
- If you are not able to do this part then go back and regulate again

(continued on next page)

TENDER APPROACH | STEP-BY-STEP

(5) Search for Intrigue:

- Look for elements of your partner's desire that spark curiosity or interest
- Focus on what's possible and explore the reasons behind the desire
 - The method may feel uncertain, but the intention might be intriguing
- Shift focus from the negative to potential positive aspects

(6) Create Actionable Steps:

- Work together to find a way to address the desire in a manageable way
- Break down the desire into smaller, more achievable steps

The ultimate objective for this process is to **first, get regulated** and then work together to ultimately find a path toward *All Needs Met* for the desire - even if it's one small step you both can agree to take or explore toward it.

You can write down your action steps on page 11 or 12



IF INTRIGUED DO THIS:



Partner A

Ask your partner, "What intrigues you about my desire?"

Let them answer and see where the conversation goes. The goal is to take the intrigue and explore the possibilities and create understanding with one another. Ultimately you want to turn it into actionable steps in which the newly expressed desire can now be met or fulfilled in ways that are mutually satisfying.

If either partner becomes overwhelmed or triggered while discussing the fulfillment of the desire, it's important to pause and employ the *Tender Approach* as outlined above.

GUIDING PRINCIPLES

LET THESE PRINCIPLES SUPPORT & GUIDE YOU

As we venture into these uncharted waters together, let's keep some of the Eden World Principles close to our hearts and minds.

Principle #4 - What's in the Way is the Way: By intentionally exploring the uncharted territory of unexpressed desires, you open up new possibilities for the expansion and growth of your relationship.

Principle #7 - Full Sovereign Expression: Creating a space that invites your partner to express desires that may feel vulnerable to share fosters freedom in their expression and expands the boundaries of your relationship in ways that may surprise and delight you. This journey helps you connect more deeply and become more aware of areas you might otherwise avoid.

Principle #9 - Assume the Best: When your partner shares something that might trigger you or stir up old stories, remember to assume the best in their intentions. They are sharing a hidden desire to see what might be possible to co-create together and ultimately find an **All Needs Met** (Principle #11) experience with you. This practice encourages trust and openness as you navigate these delicate conversations.

Principle #12 - We Hold It Together: As a community of couples, we are navigating these uncharted waters together, arm in arm. By leaning into the collective energy of our Coupledome, you can elevate your communication, connection, and relational skills. Embrace this opportunity to have a breakthrough.

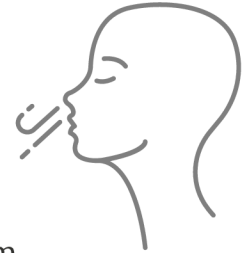


REGULATION PRACTICES | PART 1

Here are several effective ways to ground and regulate yourself or help your partner during moments of stress or when they are feeling triggered:

(1) DEEP BREATHING

Method: Take slow, deep breaths, focusing on your inhale and exhale. Inhale for a count of four, hold for a count of four, exhale for a count of four, and pause for a count of four before the next breath. This is known as box breathing.



Benefits: Deep breathing activates the parasympathetic nervous system, helping to calm the body and mind, reduce anxiety, and lower stress.

(2) 5-4-3-2-1 SENSORY GROUNDING EXERCISE

Method: Identify and acknowledge your immediate surroundings by naming:

- 5 things you can see,
- 4 things you can touch,
- 3 things you can hear,
- 2 things you can smell, and
- 1 thing you can taste.



Benefits: This exercise helps to bring your focus back to the present moment, reducing the power of overwhelming emotions or thoughts and helping you feel more anchored in reality.

(3) PROGRESSIVE MUSCLE RELAXATION (PMR)

Method: Start at your toes and work your way up to your head. Tense each muscle group for a few seconds and then release. Focus on the sensation of relaxation as the tension melts away.

Benefits: PMR helps to release physical tension in the body, which can be a direct response to stress, and encourages overall relaxation and regulation of the nervous system.

These techniques can be practiced individually or in combination to effectively ground and regulate yourself during stressful moments.

REGULATION PRACTICES | PART 2

(4) HAND ON HEART

Method: Place one or both hands over your heart and focus on the warmth and pressure of your hands. Take a few slow, deep breaths while feeling the rise and fall of your chest.

Benefits: This action provides a comforting physical connection to your body, promoting a sense of safety and self-compassion. It can help calm your nervous system and bring you back to a more centered state.

(5) ONE MINUTE OF SILENCE

Method: set a timer and go into full silence (yourself and everyone around you) for a full minute. Allow that space and quiet time to reconnect with yourself and get clear.

Benefits: A brief period of silence can quickly reduce stress by giving your mind a break from constant stimuli. During the minute of silence, you have the opportunity to tune into your internal state—your breathing, heartbeat, and emotional landscape—enhancing self-awareness and mindfulness.



"Navigating uncharted waters as a couple isn't about avoiding the storms, but about discovering new horizons together, trusting that each wave brings you closer to a deeper connection."

