

# Breakthrough Laser Tool in Relationship Coaching

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One of the best tools to help clients identify their thought process and mindset is iPEC's **Breakthrough Laser Coaching** tool. (Find more about this tool in your Coach Training Manual Part 2). This is also an excellent tool to utilize in relationship coaching. You can use it in its traditional format or you can use it with the partner in coaching to help them address any misinterpretations or other internal blocks (i.e., GAILs) that might be present.

## Here's an example:

A couple is fighting over whether or not to get a family pet. The wife wants the pet and the husband doesn't. Through some coaching you realize that the pet is probably symbolic of some other issues that might be going on in the relationship. This is the opportunity to use the Breakthrough Laser Coaching tool.

Start by asking the wife what she might be saying to herself about the husband not wanting to get a family pet. Maybe she says, "He doesn't realize how important it is to me and the kids and he's just thinking about himself and not us." The coach would then say, "That's interesting. Based on that thought process, how do you feel when you think that?" The client might say, "I'm really sad and I feel a bit hopeless about our relationship." The coach would then say, "That's understandable based on what you're saying to yourself. Now tell me when you think in those terms and you are feeling sad and hopeless, how do you show up in the relationship?" Allow the client to give you that information and then acknowledge and validate what she has told you.

Now go to the husband and ask him what he thinks about her initial thought process. Make sure to guide him to respond without judgment or blaming. Eventually he might get to a place in which he says, "It's not true at all that I don't care. I love her and the kids more than anything and I want them to be happy. I just feel that a family pet is too much work right now." Now you can utilize this information to help the wife come up with a new thought in the Breakthrough Laser tool.

You can say, "Hearing what your husband has to say about his feelings for you and the kids, what might be a new thought around this situation that is a loving and powerful belief?" The wife might say, "My husband loves me and our family." Then say, "Now take that thought and imagine that it's true and you believe it. What would that feel like?" Finally, take her to the place of how she might show up in the relationship if her beliefs and her feelings were different.

Now ask both of them how they can address the family pet situation differently in the future. Have each of them commit to showing up differently. For example, the husband can commit to not just barking out, "No pets!" and instead say, "I know how important a family pet is to you. How can we talk about this issue in a way that allows us to make the decision as a team?" The wife can commit to believing that even if the husband doesn't want a pet, it doesn't mean he doesn't love her and she can ask for (or look for) other ways to receive and express love from and for him.

In this way you can utilize this powerful tool to help each person in the relationship hear, acknowledge, and reset thinking patterns that may be keeping the couple stuck in an arguing or fighting situation. Make sure to keep the couple from criticizing or demeaning each other's thoughts and feelings and instead help them to empathize with each other even if they don't agree.

**Credit:** The concepts inherent in this article are the author's interpretation of materials issued by iPEC®.