



RELATIONSHIP
REMEDY

RELATIONSHIP REMEDY Rules

A Manual for Committed Couples

— 8 FOUNDATIONS —



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Relationship Remedy Rules
A Manual for Committed Couples - 8 Foundations
2nd Edition

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Cover & Book Design by Latifah Shay at GinkoDigital.com

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INTRODUCTION

Are you in a committed relationship where you and your partner are both smart, and caring—

And you came together with passion and intimacy—

But these days all you do is fight, argue, and walk on eggshells around each other?

In my highly trained clinical opinion, ***that sucks!***

(And if there are kids in the home—you know that's not cool.)

Seriously—don't you want to be done with this crap forever?

The whole point of being in a relationship is to share love and joy—

But so many couples are passing their precious time with each other in pointless, useless, **unnecessary** pain.

Are you ready to stop settling, and create the relationship your heart **LONGS** for?

This book contains the essential conditions—**the foundations**—to transform your troubled love relationship into a mature, joyful union.

If you do not take conscious steps to create these conditions, you will likely stay stuck just where you are.

Let Me Make a Suggestion – That you approach this as a

FUN GAME

for you and your partner to be more and more loving with each other, to care more, to challenge yourselves to use these methods with enthusiasm, towards healing the past and bringing a ridiculous amount of joy into your relationship!

What would your lives be like if you took that attitude?

You really **CAN** live “Happily Ever After,” if you are ready to do the work—

**All it takes is two good hearts and two open minds, and
you have everything you need.**

Foundation #1

Get Clear: Why Are You Together?

Get very clear, within yourself, as to why you are in this relationship. Know **exactly** what you want.

Don't be afraid to be **real** about your heart's deepest longing – in fact – let me suggest **this** as your goal:

A joyful, loving UNION of two best friends and soulmates, which fills your life with warmth and radiance and inner strength, and inner peace...

Does that sound about right?

I mean, really – isn't that what you want?

Or do you want something else – something less **awesome**, maybe?

I didn't think so. This is actually what a relationship is **supposed** to be – even though our society has surrendered its power to the untruth that such pure happiness is “not really possible.”

Well, it is.

But you have to create it.

You have to **own** it.

This means consciously rejecting ANYTHING and EVERYTHING that does not fit that description – which is a huge shift in consciousness since **we are socialized to expect and accept something far less.**

But it is TOTALLY do-able. It is not a fantasy; it is real – as long as you both want it with each other – and are willing to do the work.

And we are all equipped to create it – that means **YOU TOO.**

SO STAND STRONG:
“This is What I Want!”

And then –

Foundation #2

Resolve to Succeed

Resolve to yourself that you will do what it takes to create this relationship – no matter how difficult it may get – as long as you are not being emotionally or physically abused.

This has to be a conscious decision – a resolution – because you will be changing deeply ingrained habits of **doing** and **being**, which have built up over a long time – and that's hard.

So just as if you were quitting smoking or nail-biting or any other habit, if you don't set an intention to succeed, and stay committed to it – well, you probably just won't do it.

The good news is: if you actually meet these challenges, they will eventually **dissolve into nothing**....and your entire life will become **easier** and more **joyful** than it has ever been!

This is because the deeper you go into this process, the more **power** you gain over your own **thoughts**, **emotions**, and **circumstances**.

When You Really Commit to This Work:



Eventually – if you stick with it – **both of you** will end up feeling like you are *overflowing with love*, all the time, from the inside-out.

(This “new normal” of inner joy is one of the secret benefits of reaching for this goal!)

Foundation #3

No Topic Off-Limits

If there are topics that you want to discuss but just can't, because the idea of bringing them up with your partner makes you feel like you are walking on eggshells – **that is not OK.**

An essential condition for relationship/marriage success is that the two of you can talk about absolutely anything and everything!

This Includes:

- ▶ The Past (*especially upsetting stuff*)
- ▶ The Future
- ▶ Parenting
- ▶ Incompatibility
- ▶ Hygiene
- ▶ Sex
- ▶ Ex-Partners
- ▶ Bathroom Habits
- ▶ In-Laws
- ▶ Money

Anything; without exception, and without fear.

“Off-limit” topics are not really “out-of-sight, out-of-mind” – they are actually FRONT-AND-CENTER.

They are **active pain-points** that suck all the energy, happiness,

trust, and intimacy out of the relationship.

Until you address this issue head-on, you are living with an unspoken tension that makes true fulfillment impossible.

“Off-limit” topics are the very ones that lovers should make a point of discussing. This is a primary way we were designed to grow and improve as human beings.

Your Relationship is a Living Thing!

Looked at energetically, the relationship is a living organism, which grows just like any other: a seed becoming a tree, or an infant becoming an adult.

When two lovers come together in body and spirit, the natural course of development over time is for them to open to each other more and more. This is how a thriving “union” comes into being.

But this cannot happen if certain topics are “unsafe.”

In other words, every difficult topic is an opportunity for healing and personal growth, **BECAUSE it is difficult.**

If you and your partner can **support and care for each other while confronting every sensitive topic** with determination, then you will break through to radical new levels of joy and inner peace.

Long-held patterns of limitation will be released, and the relationship can finally move forward. **This is how breakthroughs are achieved.**

Foundation #4

Commit to Yourself: *I Will Never Fight Again*

Yeah, yeah, I know:

“Everybody fights sometimes – you're two human beings, and you're going to fight sometimes. That's just the way it is – it's not even a big deal, right?”

What a load of crap!

Fighting sucks! It makes you both feel terrible, it makes your lives seem lousy.

I'm speaking from the heart here: **you don't ever need to fight with your partner again.**

Don't listen to anybody who tells you different – not your parents, not your best friend, or any other real or imagined “relationship experts.”

They are **SO** wrong.

Of course this is easier said than done – but this is the visionary work I specialize in, and I promise you: if you are both willing to do the work, you can achieve a union where even the idea of the two of you fighting is absurd. It was already absurd, really – but your relationship will catch up with this fact, and then soar far beyond.

So make a conscious commitment to yourself:

“I will not fight or argue with my partner again. **I will learn alternative ways of dealing with disagreements in our relationship.**”

Let's be clear: by “*Fight or Argue*” we mean
**ANY BEHAVIOR WHERE YOU TREAT YOUR PARTNER
LIKE AN OPPONENT:**

*Making mean
little comments*

*Giving “the
silent treatment”*

*Running away,
or shutting down*

That's all fighting too. It's toxic behavior.

*Make the decision: you are **DONE!***

This has nothing to do with your partner—you do not need to wait for them to “buy-in” to get started.

This is all about you.

So say it in front of the mirror. Write it down. If you want, tell someone you completely trust. But make this commitment to yourself a **real thing**—

OK, so the obvious question:

*“How the heck do I “Just Stop Fighting?” I mean, obviously,
if I could, I would!”*


Well, first of all—of course, you can.

You can choose to **do** or **not do** – to **say** or **not say** – anything at any time, no matter what the situation.

RIGHT?

But if you just don't know how to replace your old habits of communication (*a common predicament*) –

Then You Need to Learn:

 **Alternative Communication Strategies** (*How to change your words and actions so they create nothing but peaceful solutions.*)

 **Emotional Self-Regulation Techniques** (*In other words: no matter what happens – how to lead with love.*)

Fortunately, at Relationship Remedy we have just the strategies and techniques you're looking for.

Foundation #5

Communicate to Your Partner: *No More Fighting*

OK, you've looked in the mirror and had a talk, getting things straight with **yourself**—

Now it's **your partner's** turn.





The two of you have some bad habits with each other.

You need to set the stage for a breakthrough.

The way to do this is simply to take the following action:

Have a talk with your partner, for the specific and stated purpose of setting a new direction for the relationship.

At this talk, communicate the following specific points without blame—with kindness and sincerity:

-  “I want us to have a problem-free relationship. I only want us to have peace and joy with each other.”
-  “I believe that we can figure out how to solve any conflicts between us in a loving way.”
-  “I do not ever want to fight or argue with you again.”
-  “From now on, if any issues come up between us, we are going to discuss them only in a calm, caring way.”

Invite your partner to share their heart in the same way. If you and your partner can have an **actual conversation**, where you get on the same page about this – then when conflict arises, you'll be able to trust each other's intentions. **Otherwise**, you will both go into self-protective mode, rather than problem-solving as a team.

Committing to each other that you want the same thing becomes a “*north star*” that you can trust to navigate through every situation.

Foundation #6

Know Your REAL Needs

There are two reasons you and your partner are fighting, or arguing, or in shut-down mode:

① *You do not trust your partner to give you what you need.*

– AND –

② *You do not trust yourself to be able to get what you need.*

But there is more to this than meets the eye.

Because some of the things we legitimately “need” – for example, a clean house, or control over our leisure time, or more sex or less sex – are really surface-level expressions of a deeper issue.

For example, if we are frustrated because our partner is sloppy, the **deeper** issue may be that he or she is not considering how important cleanliness and order is to us.

In other words, the real issue is that we feel overlooked or disrespected... rejected, abandoned, misunderstood or mistreated. Or some combination of all these things.

When you start this talk, you **already know** that there will be differences between you.

Think about it—you **already know** that you **will have** some negative perceptions of each other.

So don't get emotional or offended—instead, be **curious** and **caring**—WHY do they feel this way? Remember—they just want to be happy too, right?

Have faith that **these negative perceptions will shift** as you learn how to accept each other; to work together and compromise.

As you start your dialogue, you may have different perceptions of:

- 👉 What “needs” are legitimate (*In particular, those which require personal change.*)
- 👉 The intentions behind each other's words and actions
- 👉 The level of teamwork needed for the relationship to work. (*Let me give you a hint—the exact figure is 100%.*)

Just Remember: We all want the same things in our relationships—

Sincerity

Intimacy

Kindness

Loyalty

Connection

Unconditional Love

To be physically and emotionally vulnerable without these qualities is... Think about it—UNBEARABLE!

Get clear about your deepest unmet needs, so when you work through your differences, you get to the root of the conflict, and not the more surface-level distractions. Then you can have a truly meaningful talk about them.

And that means—

Foundation #7

Accept Your Partner's Side

You are suffering in this relationship. **Your suffering is important** –you deserve to fix this!

– BUT –

Even if it seems like **you** are the vulnerable one, the reasonable one, at the mercy of your partner's anger or impatience or distorted moods and perceptions...

Even if that is true –

It does not change a simple fact:

Everything your partner says is “True” –it's their truth!

Just like everything you say is “True –it's your truth!

If they are not behaving reasonably, that will only change if you validate and honor their pain with **the same care and attention as your own.**

For both of you, this means specifically: what are the deep needs that are not being fulfilled? And how can we work together to fulfill each other?

OK, here's how –

Foundation #8

Love Your Partner

It's obvious that you and your partner are two different people, right?

Do you know what that means?

Any way that you **reject** your partner is a way that you **reject** the relationship. This might seem obvious – but people do it all the time: they stay in relationships where they actually reject their partner as a human being.

That just can't work.

Either you can truly, deeply love and support the essence, the spirit, the soul of your partner **exactly** as they are – or ***you shouldn't be with them!***

This doesn't mean that you and your partner shouldn't change or improve – it means that you don't judge or criticize each other along the way.

In other words, you do NOT have the right to be irritable or crappy towards them!

In fact, change **will not happen until** your partner feels supported, loved, and respected.

Criticism will actually prevent change, by shifting the subconscious focus from self-improvement to fear (of you) and self-loathing.

Don't treat your partner according to what they do – treat them according to **who they are as a human being**.

This is what you want for your own mistakes and shortcomings and myriad weirdnesses, right?

OF COURSE IT IS!

So – that's a lot different than:

- 👉 “I will love you as soon as you change this thing about yourself.”
- 👉 “You've failed in the past, so I'm waiting for you to fail again”
- 👉 “I'm watching and evaluating you every step of the way”

Or **any way** that you judge or criticize.

Perhaps there are differences in energy, lifestyle, education, or opinion – your relationship will only work when you and your partner can completely embrace each other. Lose the assumption that your way is the “right” way, learn what life looks like from their point of view – and care about their experience.

Problem-solve together, until you come up with solutions that feel **deeply right** to both of you.

Or else – be fair, and go elsewhere.

No relationship can survive judgment or criticism. Any relationship where one partner judges or criticizes the other *is miserable for both of you!*

And don't start kidding yourself about “**constructive criticism**” or “**healthy honesty**” –

True “constructive criticism” and “healthy honesty” feels loving and supportive – and that's fine!

So the question is: how do your words and actions feel?

The relationship will only work if the two of you truly **enjoy** and **respect** each other. **CELEBRATE** each other – differences and all.

You might discover, if you open your mind, that you can appreciate your partner in ways you had not been open to before.

*When that happens – watch how your life –
and your heart – opens up!*

Putting it All Together: *My Story*

This is the truth: my wife and I never fight, ever.

And we are just two normal, ordinary (and really cool) people— who used to fight and argue all the time.

We share the love and care and intimacy that most human hearts long for, and for which we both searched many years— even some lousy years when we were still with each other, but it sucked.

It was a long road to get to where we are now.

For my part— I had to transform as a human being.

I had to shatter the mental and emotional walls I had built.

These walls were, on one level, (lame) coping mechanisms I had formed as a protection from being upset by the world as I crashed around in it— but on a deeper level, they were agents of denial; they permitted me to avoid facing the many ways that I was broken and undeveloped.

This is the precise pattern I see in many of my clients. They are comfortable with these walls— but in their deepest heart, they are longing to tear them down.

All of my training as a therapist and a healer has helped me

greatly, of course, but it is my journey of personal transformation that gives me real insight.

It gives me the authority to sit with the men and women who seek my help, and to recognize in their eyes that same need, that same longing, that once tormented me.

This longing is usually hidden behind layers of fear and anger and sadness.

It manifests in some people through introversion, and in others through chasing “adventure.” And in some, through making life choices for no other reason than they simply don't know what else to do.

It is the longing for a love that is sweet and simple and safe - the ache of a soul trapped in darkness, who knows that the light is right there waiting within, if they can just get a little help.

My wife and I both had to change in radical ways for that light to shine through, and transform everything.

There is one day that stands out in my mind.

It was the day I really became the man I wanted to be.

My wife was arguing with me about something; I don't remember what. I think it was the dishes. She was accusing me of all kinds of things that I “knew” were not true; of being selfish, and not being honest about my motivations; of not caring about her.

There was a lot of history there; going back a lot further than those dishes: all that time being reactive and unconscious with each other; co-creating our relationship.

Now this history had turned into habit – a dance.

And so, it was time for another fight; just like the others; like the ones we had all the time.... she was bitching at me, being really kind of crazy, which was my cue to start being crazy back, except –

Today was different. I guess all my professional and spiritual training kicked in – powered by an energy, a reality, deep within my being whose time had arrived.

It was me – this energy was the real me.

It was my version, my embodiment, of the same highest, essential qualities we all have within us.

They are our highest potentials and our most authentic essences: of light and peace and strength, and purity, and love....which we radiate outwards in our different unique ways, if we only learn how to let ourselves be whole...

This energy, this radiance, pushed everything else out of the way, and it filled my being.

I felt a sudden knowing inside, a true calm.

I don't remember the exact words I spoke to her.

But they were, basically, these:

“There is nothing I want to fight with you about. If you see it one way and I see it another way, that doesn't make me mad at you. And it shouldn't make you mad at me. I care about how you feel. I don't ever want you to feel bad in our relationship. Let's work through this problem together, in love, to understand why we see it differently, and how we can problem-solve together, so we

can both feel okay with everything. There is nothing for us to fight about.”

This was something different. My wife wasn't expecting this from me!

We are all more comfortable with the familiar – even if we don't enjoy it, we often prefer it.

When someone changes the dance on us, we feel helpless, confused, and sabotaged – after all, we created that dance to avoid facing these feelings in the first place.

And so my wife responded to my sincere words – by making fun of me.

She imitated my gentle voice and expression; she put her face tauntingly close to my own and purred: “Ohhh, so you're a therapist now...and you speak in this quiet voice....and you're so much better than me...and I'm just a crazy bitch.”

Seriously? – Man, that sucked!

All I wanted was for her to do was to throw her arms around me and say, “Wow, Ray, you are so awesome; so cool and smart and reasonable! You are so right, I love you so much!”

But she was just fighting – her motivation was to not let me “win” – even though I had just realized, that there is no “winning” this kind of a fight...it's always just a miserable draw.

Yes, this was just a great big gut-puch.

In my experience, that moment of not being seen and reciprocated is the very moment that most people collapse and stop trying.

They argue back, they get mad, they desperately plead their case, they shut down, or they run away.

But instead - it just came to me: the truth.

And I simply spoke my truth.

I met her combative gaze, and with a peaceful combination of vulnerability, self-assurance, and sincerity, I told her: "I am being the man I want to be."

And with those words, I set us both free.

On another day, it might have been her that received this inner guidance – despite her behavior in this story, my wife is a good, wise woman. But the way it worked out, it happened to be me.

I continued: "The man I want to be doesn't have anything to argue with you about. I love you, and I care about how you feel, and I don't care about being right. If I'm wrong I want to know that I'm wrong. I want to know how I can be a better man. I am committed to being the best man and the best husband I can be. I just want the two of us to care about each other and problem-solve together. And I care that you are hurting."

These were actually, pretty much, my real exact words.

I did not want to argue – so I did not have to.

I had the power – to be the man I wanted to be...to create the relationship I wanted. To hold her in the love until she was ready to receive it.

Because she wasn't ready – on that day, she continued to fight me.

And so I spoke with even more sincerity; more vulnerability:

“I don't deserve the way you are talking to me. I'm not talking to you that way. I know we are going to be able to talk about this with love and care. Let's just take a little time to cool down, and then I can't wait to work this out together. I love you, and I'll be back soon.”

And then I left.

Sure enough, a few hours later, she wanted to talk. In a good way; a kind way.

We ultimately worked everything out. And from that day forward everything changed. We had set a new way of communicating in motion, and over time this became total and complete.

By me being true to myself, it created the space for her to be true to herself—to the woman that she wanted to be. I had simply cared about her, and about myself.

Be the man or woman you want to be. Find the place inside of you that cares about your partner's pain. Speak from your heart to show them that you see them, and get them, and care about them—but still honor yourself.

If you give that to them, they will give it back to you.

But one of you has to make the first move. You have to be the man or woman that you want to be. As soon as you do this, you take all of your power back in the situation, and you open their heart, and you open your own. It heals everything.

If you open the door—and if they are sincere—they will walk through.



The Relationship Remedy Program

Work one-on-one with me!

I work with caring, intelligent couples whose relationship isn't working. I help them find rock-solid peace and connection with each other for life.

The systems and coaching sessions which make up my **Relationship Remedy** programs serve one purpose: to take your relationship to the next level...

This is a deeply supportive and highly individualized program for couples who are done feeling awful, and are ready to leave the pain behind – to get to the good stuff they know is right there waiting, beneath the pointless conflict neither of them wants.

It's All Here: individual and couple's sessions with me, a high level of between-session access, plus step-by-step instructions for the sticky times.

There is One Goal: to break through to powerful and joyful new ways of being with each other. To create the relationship your hearts have both longed for, ever since you were old enough to dream of a special best friend and lover to share your life with.

ARE YOU READY TO LIVE Happily Ever After?



Contact Me

for your

FREE 45-minute Relationship Breakthrough Consultation

In-Office • by Video Conference • by Phone

At this FREE meeting you will gain valuable insight, clarity, and perspective on your situation, and decide if we want to take the next step of working together.

To Schedule

Visit my Website or Call:

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Ray Rivers is the founder of **Relationship Remedy**, a clinical psychotherapist, a writer, speaker, husband and father. He is also a Sufi Master Teacher – and Sufis are the “*Masters of Love.*”

He has dedicated his life to healing the trauma and suffering caused when loving relationships are shattered by conflict, disconnection, and pressures of all kinds from both within and without.

Ray's original techniques and insights for how to truly “put love first”, have helped hundreds of couples to become healed and “whole” again.

- ▶ *Communication*
- ▶ *Intimacy*
- ▶ *Parenting*
- ▶ *Unmet or Oppositional Needs*
- ▶ *Finances*
- ▶ *Extended-Family Stresses...*

Ray's profound solutions for every issue create powerful breakthroughs – and the simple **RELIEF** all struggling couples are longing for!

This book will help you reclaim your joyful loving relationship – and create rock-solid care and connection for life!

Trust the Love



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