



Relationship Reset

A Structured Communication Program
for Overwhelmed Parents

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Purpose

WHY I CREATED THIS COURSE

The transition to parenthood is one of the biggest relational shifts a couple will ever experience.

More responsibility.

Less sleep.

More pressure.

Conflict increases — not because love decreases, but because stress increases.



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LMHC

Who is it for?

This program is for couples who love each other deeply but feel more like teammates managing chaos than partners enjoying connection.

THIS COURSE IS FOR YOU IF YOU

- ✓ love each other AND feel disconnected
- ✓ argue about small things constantly
- ✓ are tired of keeping score
- ✓ feel like roomies instead of romantic partners



By the end of this
course you will:

- Understand your specific conflict pattern
- Stop escalating the same argument
- Communicate needs without blame
- Repair quickly after conflict
- Feel emotionally safe again

Course Outline

01

Understanding the Resentment Cycle

- Identify your **conflict pattern.**
- Uncover the unspoken expectations driving tension.

02

Regulating Before Reacting

- Learn how exhaustion and stress impact your nervous system.
- Interrupt escalation **before** it starts.

03

Communicating Without Blame

- Master softened start-ups, clear requests, and expressing needs.
- Speak without triggering **defensiveness.**

Module 01

Understanding the Resentment Cycle

A NEW LENS ON POST-BABY CONFLICT



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The Identity Shift

Before baby:

Partners → Lovers → Spontaneous

After baby:

Caretakers → Schedulers → Exhausted

Discuss:

“When did things start feeling different?”

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The Resentment Formula

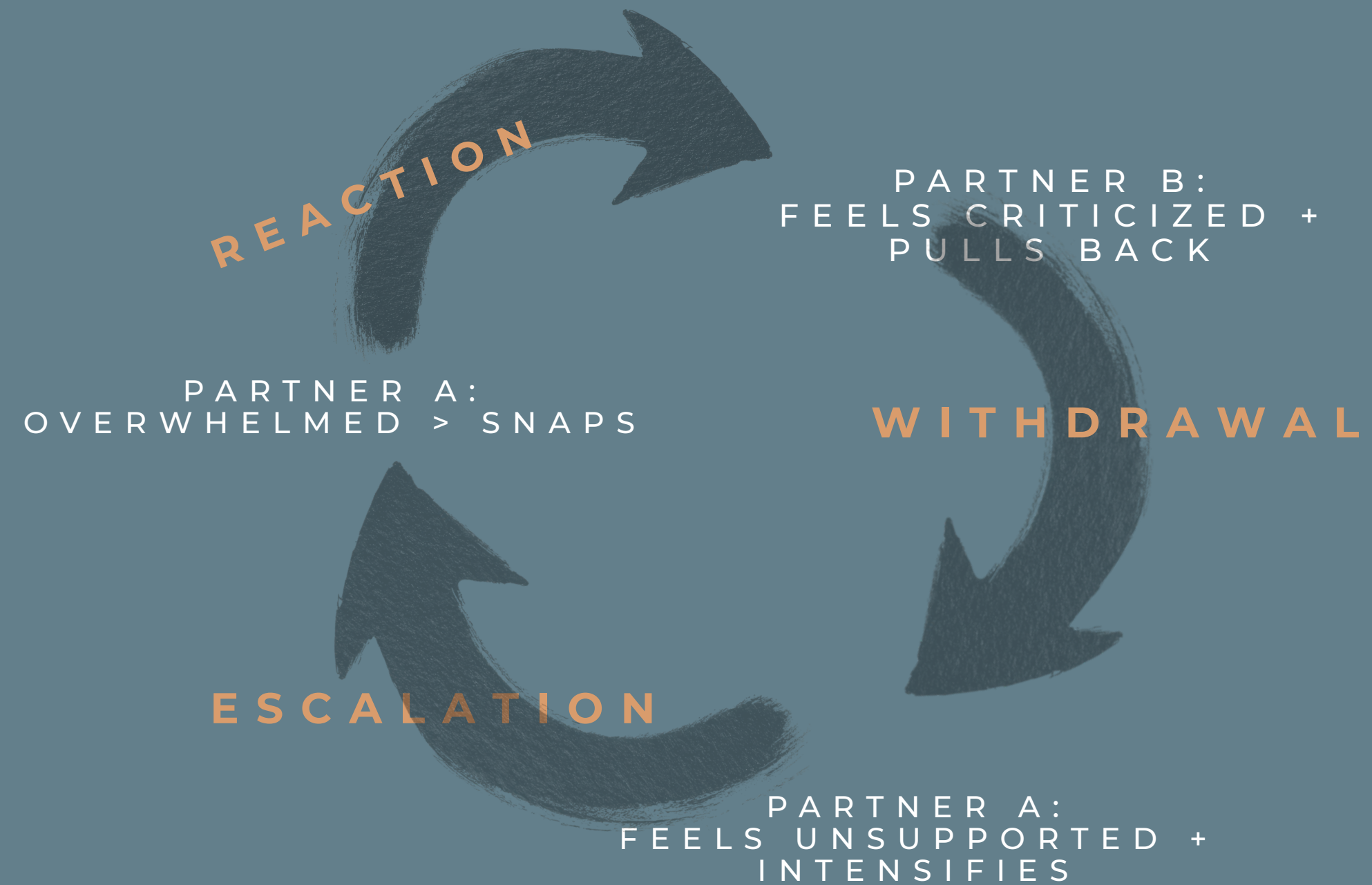


UNSPOKEN EXPECTATIONS

Exhaustion + Invisible labor
= Emotional distance

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The post-baby loop



“YOU ARE NOT FIGHTING EACH OTHER.
YOU ARE REACTING TO STRESS INSIDE THIS CYCLE.”

Interrupt The Loop

You **can not control** your partner's reaction.

You **can control** where you interrupt the cycle.

3 Intervention Points:

1. **Before** the snap (self-regulation)
2. **During** escalation (softened startup)
3. **After** conflict (repair)



Regulate Before Reacting

When you feel overwhelmed:

1. **Pause.**
2. Name the feeling.
3. Change your tone
 - (speak with intention)

Script example:

“I’m **feeling** overstimulated right now.

Can we **reset** for a second?”



Soften The Startup

Instead of:

“You never help with bedtime.”

Try:

“I’ve been feeling overwhelmed at bedtime and I could really use more support.”



SAME ISSUE

DIFFERENT NERVOUS SYSTEM RESPONSE

Repair

Conflict is normal.

Repair determines closeness.

Scripts

+ I was defensive.

+ Can we try that again?

EMOTIONAL REFRAME

STRONG COUPLES ARE NOT
COUPLES WHO AVOID CONFLICT.

THEY ARE COUPLES WHO REPAIR QUICKLY.



Week 1 Action Plan

AWARENESS BEFORE CHANGE

NOTICE THE LOOP

PRACTICE ONE INTERRUPTION (PAUSE)

10 MINUTE CHECK IN:

Check in prompts:

“What part of our cycle shows up most often?”

“What do you think I feel underneath my reactions?”

Set a 5 minute timer - each partner gets a turn.

No interruptions. No fixing. Just listening.

Extra Credit: Eye gazing for 3 minutes. You got this!

**Module 1
Complete!**

*Take a moment to hug,
kiss, high five,
whatever -*

celebrate the win



Module 2 / Communication

WITHOUT ESCALATION

How to bring up issues without triggering defensiveness.

Emotional Entry

ARGUMENTS

Most arguments don't start with the issue.

They start with the tone.

STRESS + EXHAUSTION =

Tone sharpens

Patience lowers

Threat perception increases

We assume the worst

When your nervous system feels threatened you move into:



Fight



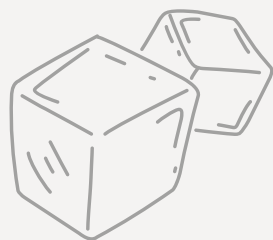
Criticize
Raise your voice
Push your point
Escalate



Flight



Avoid the conversation
Change the subject
Get busy with tasks
Leave the room



Freeze



Go quiet
Withdraw
Stonewall
Say “whatever”

Escalating Starters

That trigger defensiveness

01

"You always..."

03

"You don't even
care."

05

"Must be nice to
___."

07

"You never..."

02

"Why can't you
just..."

04

"I can't rely on
you."

06

"I guess I'll just
do everything
myself."

The 3-Part Softened Startup

Example:

Instead of: “You never help at night”:

1



Describe the situation.

“When I’m up multiple times at night,...

2



Share your feeling.

I feel overwhelmed...

3



Make a clear request.

Could we talk about a plan for splitting it?”

=



Same issue.

Different nervous system response.

The Feeling Layer

Many escalations hide softer feelings:



- ④ Anger → Often = Overwhelm
- ④ Irritation → Often = Loneliness
- ④ Snapping → Often = Feeling unseen

Ask [yourself/your partner]:
“What am I actually feeling underneath?”

Script Practice -

Fill in the blanks with 1 example each

When

_____ happens...

I feel

_____.....

What I

need is _____....

What not to do:

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Stack
complaints

Use
sarcasm

Bring up
past
arguments

Start mid-
argument

One issue at a time.

TESTIMONIAL



“

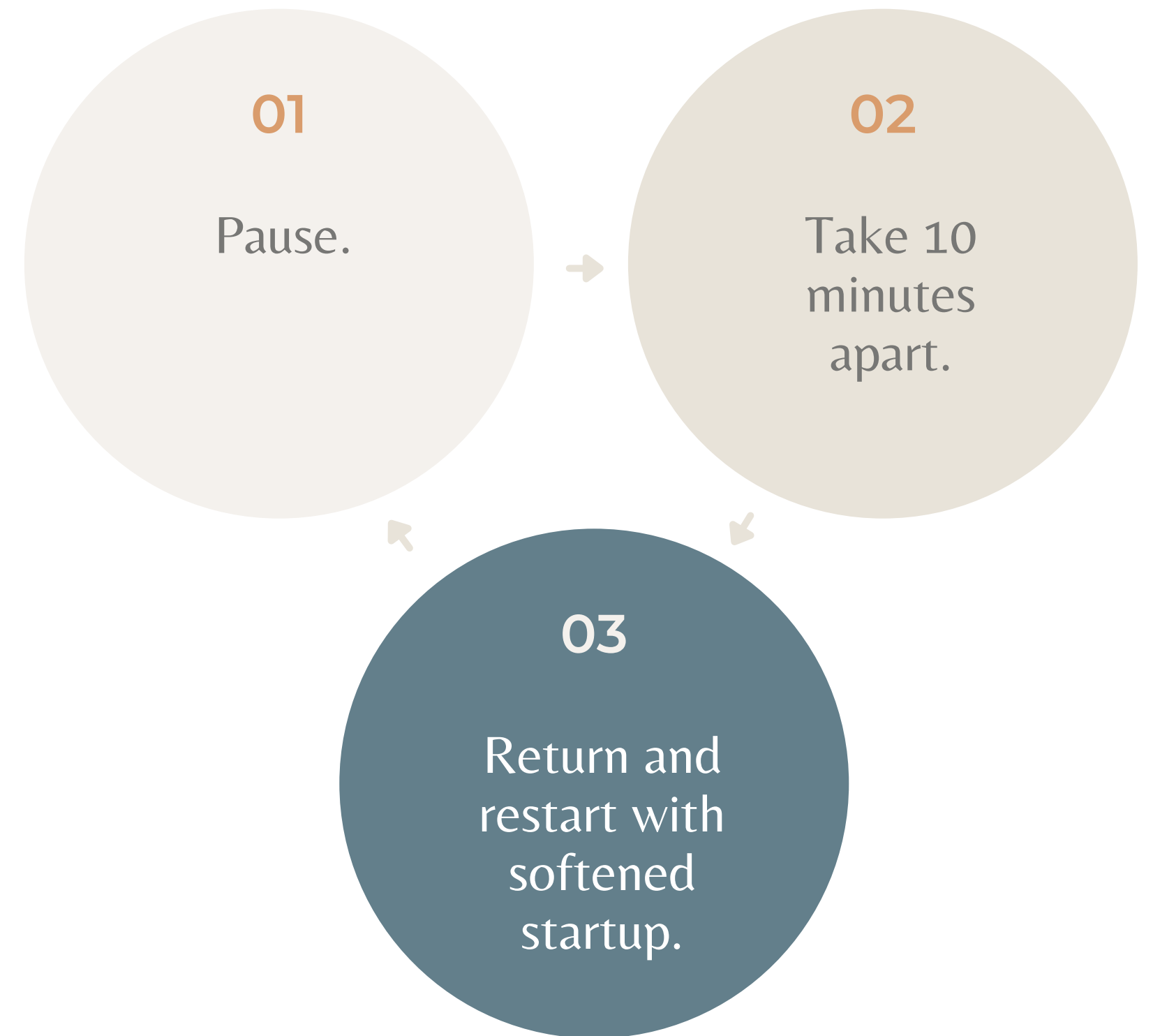
*Avoid hard
conversations when:*

- Someone is exhausted.
- The baby just cried.
- You're rushing out the door.

Set the container
intentionally.

10-Minute Reset

If tone rises:



Week 2

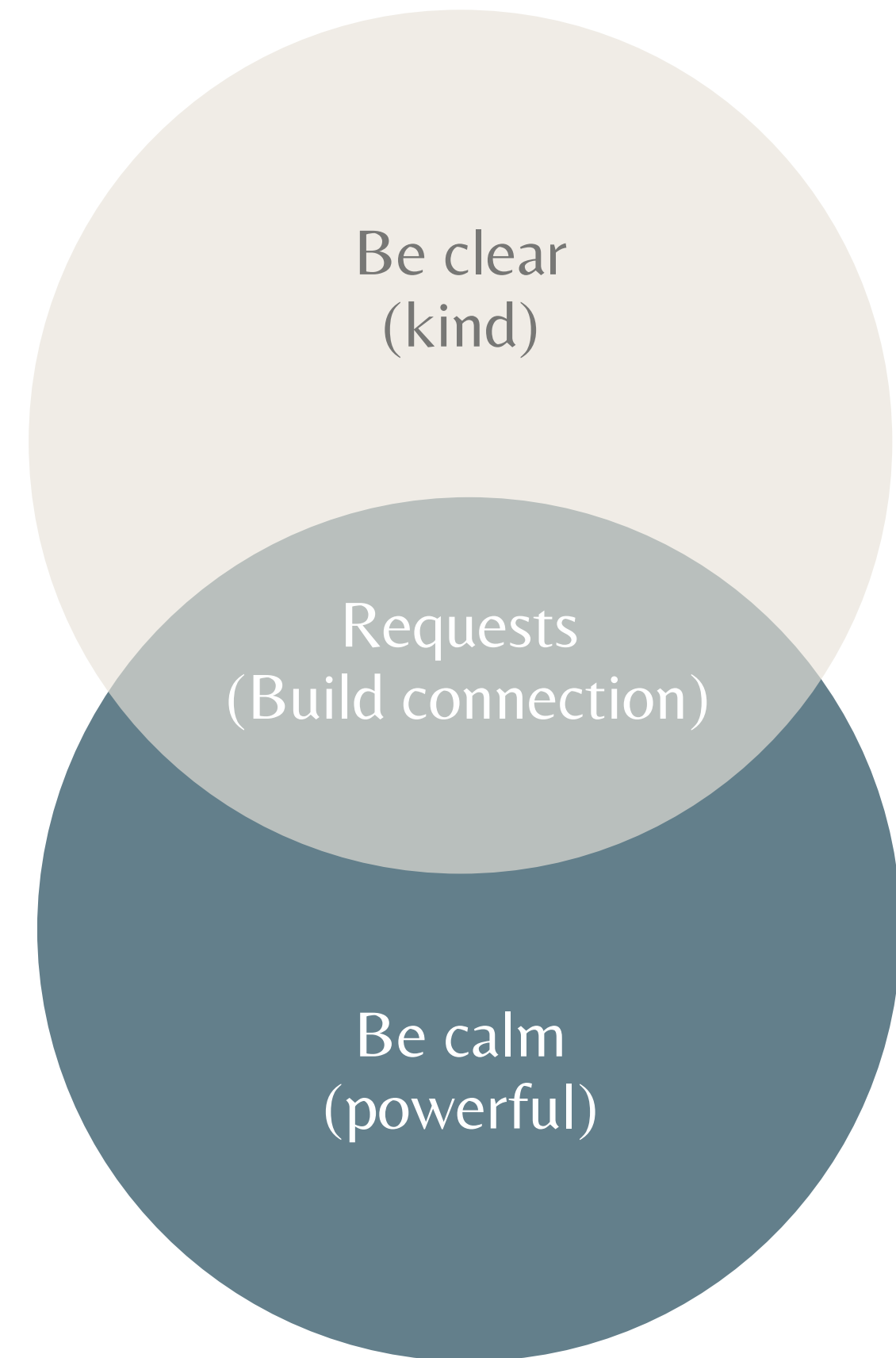
Action Plan

This week:

- Use 1 softened startup
- Avoid “always/never”
- Pause once before reacting
- Schedule one 10-minute

intentional check-in

Keep it simple.



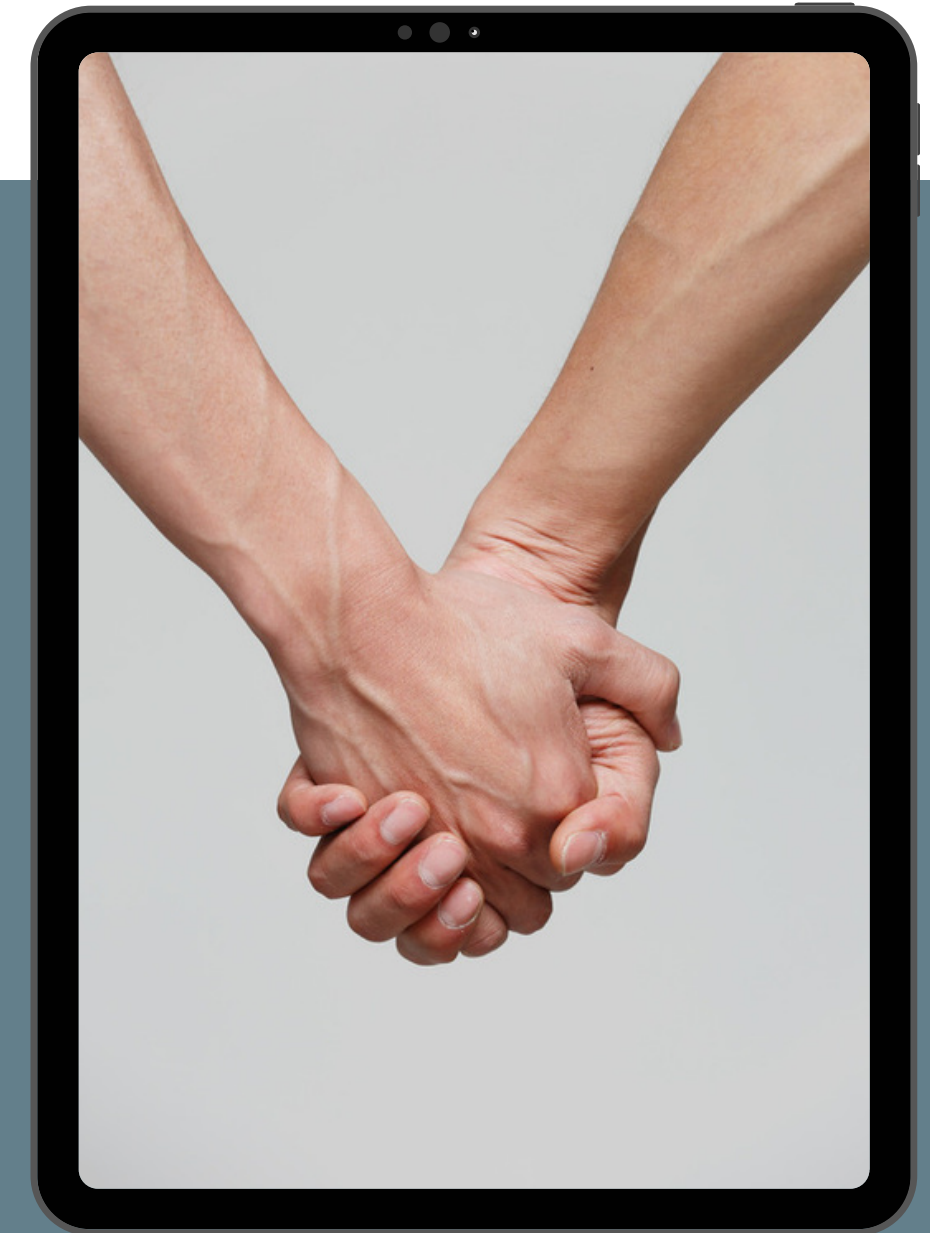
Module 3

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Repairing Conflict & Rebuilding Safety

Repair matters more than perfection.

- ✓ You will argue again
- ✓ The goal isn't zero conflict
- ✓ ***The goal is faster repair***
- ✓ There's always a solution



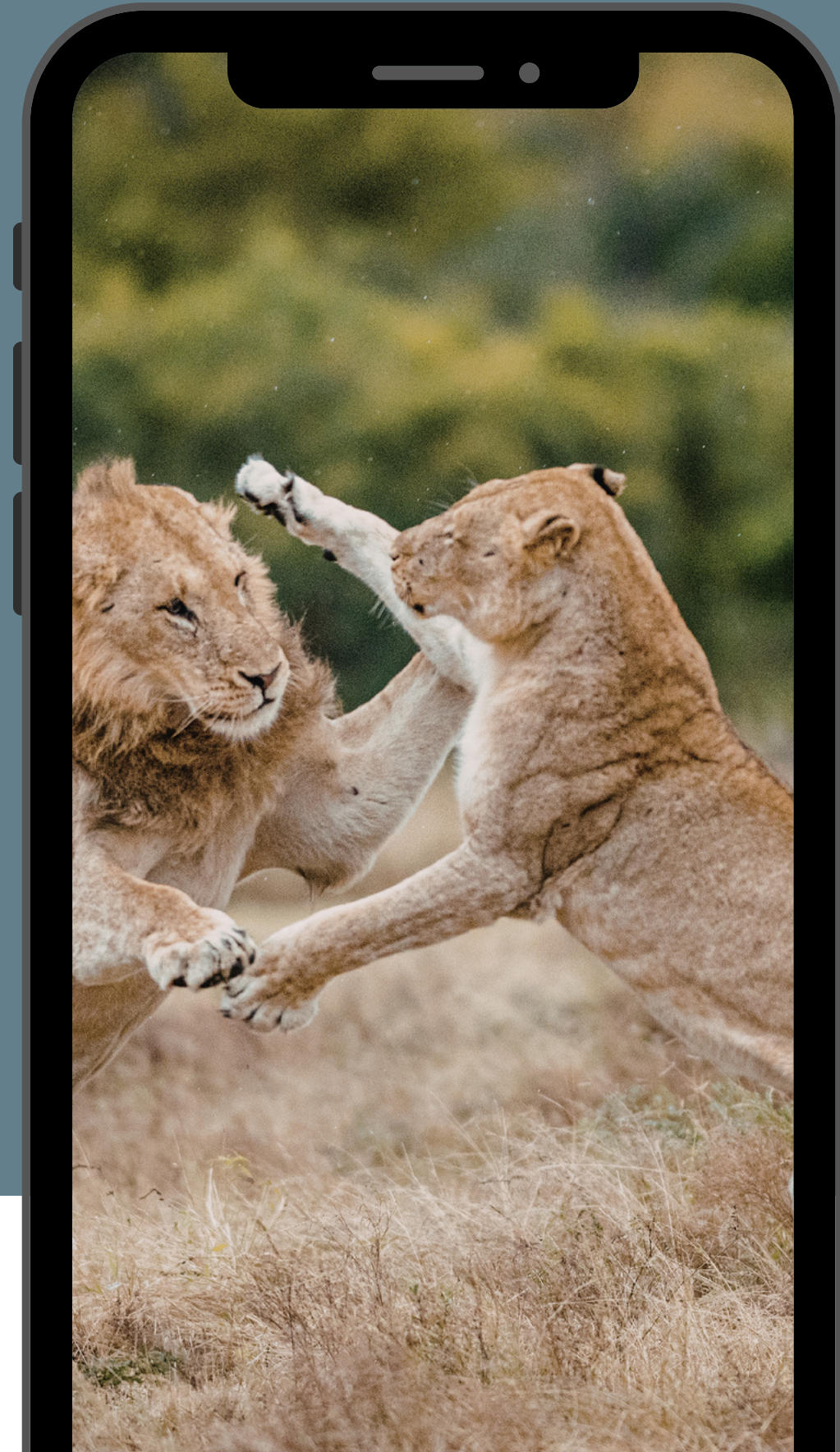
Myth:
Healthy Couples Don't Fight

Truth:

Healthy couples repair quickly.

What happens without repair:

- ✓ Emotional distance
- ✓ Resentment layering
- ✓ Physical disconnection
- ✓ Feeling unsafe bringing things up



Repair

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What Is Repair?

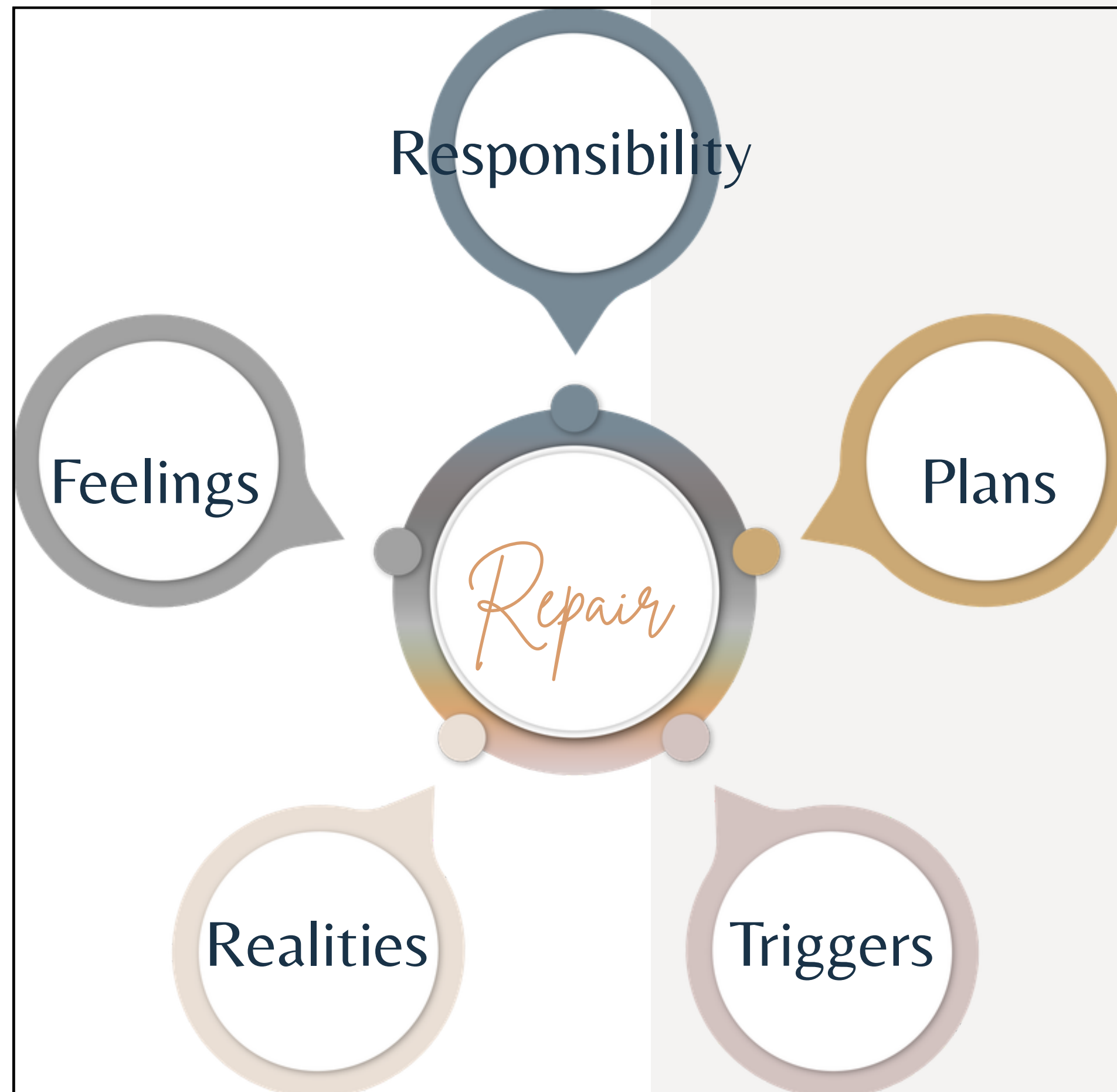
Repair = Taking responsibility for your impact

Repair ≠ Admitting total fault

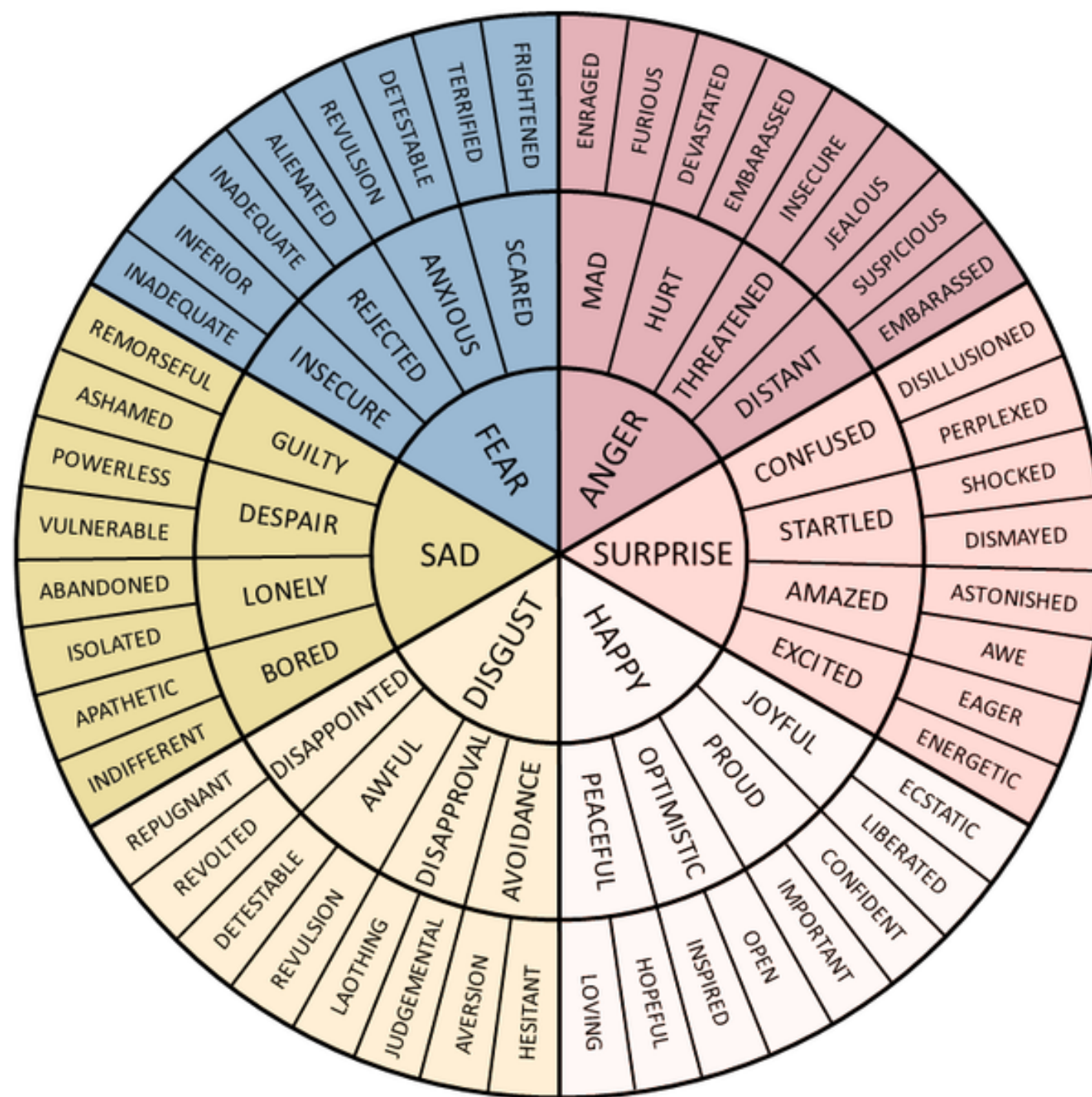
Why Repair Feels Hard

- ✓ Ego / Pride
- ✓ Fear of being wrong
- ✓ Fear of power loss
- ✓ Fear of feeling misunderstood





1. Feelings



2. Reality & Validation

Do

Describe your perceptions

Hear?

What did you need?

Leave room for correction

Use empathy

Seek to understand

Don't

Assume

Interrupt

Critize

Name call

Beat a dead horse

Bring up past arguments

3. Triggers

01

What was it?

02

Which events?

03

Explain related past
moments / memories

04

Share stories

05

Think of childhood

06

Seek to understand

4. Take Responsibility

Set up

Why did you react?

“I’ve been

insert what’s going on

“My cup

is empty? needs?

“Sorry

for a reaction?

“Sorry

for a state of being (defensive)?

“Sorry

for a mood (grumpy)?

APOLOGY

ACCEPT?

Say so.

DENY?

What do you need?

5. Constructive Plans

stop

The 4 Horsemen

- ✓ Criticism
- ✓ Defensiveness
- ✓ Contempt
- ✓ Stonewalling

using

Antidotes

- ✓ Gentle Start Up
- ✓ Take Responsibility
- ✓ Describe your needs
- ✓ Self-soothing

Horseman 1: Criticism

What



FOCUS ON FLAWS

instead of what
you'd like to see
happen differently.

Antidote



GENTLE START UP

1. "I feel..."
2. "About..."
3. "I need..."

Example



DISHES

"I feel overwhelmed by the
dishes on the counter. I would
appreciate if you could please
get them in the dishwasher
each night before bed".

Horseman 2: Defensiveness

What



PROTECTION ATTEMPT

“It’s not me,
It’s you.”

Antidote



TAKE RESPONSIBILITY

1. “You’re right...”
2. “I’m sorry...”
3. “Next time I’ll...”

Example



HOME LATE

“You’re right. I’m sorry for
being late. I’ll keep a better eye
on the time next time and be
home at the agreed time.”

Horseman 3: Contempt

What



PUT DOWN

looking down on
your partner

Antidote



FEELINGS / NEEDS

1. "I feel..."
2. "I want..."
3. "I need..."

Example



APPRECIATION

"Thank you for all you do for
our family. The kids are so
lucky to have you as a parent."

Horseman 4: Stonewalling

What



TURN AWAY

Withdraw even though physically present

Antidote



SOOTHE + RECONNECT

1. "I need 20 min..."
2. "I need a walk..."
3. Reconnect

Example



20 MINUTE BREAK

"I can't think clearly right now. I need a 20 minute walk to clear my head then we can discuss further."
Re-engage.

Emotional Safety Grows When:

- Repair attempts are accepted
- Vulnerability is protected
- Mistakes are allowed



Script Practice -

Fill in the blanks with 1 example each then share calmly

“In our last conflict,
my part was...”

“What I imagine
you felt was...”

“What I want to do
differently next
time is...”



YOUR NEW RELATIONSHIP RULES

Pause before reacting

Start soft

Repair fast

Protect vulnerability

Thank You
for investing in
your family

Get in touch:

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Therapy: Tampa, FL

