THE FIRST STEP IN THE BRINGING IT HOME JOURNEY

FREE WORKBOOK



FEEL CALM, CONNECTED, AND CLOSE AGAIN.

Discover the One Limiting Belief That's *Quietly Ruining* Your Relationship

It's the belief behind your triggers, and it's driving the distance and reactivity between you. Here's how to find it, feel it, and let it go.

Inside: a hands-on workbook, not just reading. Work through it step by step to uncover the exact limiting belief getting in the way of you and your partner, then follow the roadmap to heal it and let it go.

YOUR ROADMAP INSIDE

1 · Uncover the belief
2 · Feel what holds it in place
3 · Heal and let it go

Steps 1 & 2 of the Follow It Home Healing Methodology™

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BEFORE YOU BEGIN

This workbook is not for everyone.

It's for one kind of person: someone who is **serious about saving their relationship** — and willing to look inward to do it.

If you're hoping for a script that gets your partner to change, this isn't it. What you'll find here is quieter, and it works better: a way to see how old beliefs and old hurts have been choosing your reactions for you — and to start letting them go.

This is for you if...

- You're willing to look at your part in the dance — and own 100% of your 50%.
- You're willing to *feel* instead of avoid, instead of trying to think your way out of something that needs to be felt.
- You're done outsourcing your worth to your partner's mood.
- You want to be a calmer partner — and a calmer parent.

This isn't for you if...

- You want your partner to change first. *(If "they need to change for me to be happy" sounds familiar, keep reading. That may be the belief to look at.)*
- You believe you can change your partner.
- You want a quick fix. This is about rewiring your inner landscape.
- You're in an unsafe or abusive situation. Please reach out to a licensed professional or crisis support first.

HOW TO USE THIS WORKBOOK

Give yourself 20 honest minutes.

Grab a pen and find somewhere quiet. Read straight through, then do the Foundation Step 1 worksheet on pages 8–9, on paper or right in this PDF. Writing it down is what makes what's been getting in the way of connection and closeness visible — reading about it isn't the same.

20
MINUTES · A PEN · A QUIET PLACE



SOUND FAMILIAR?

You love each other. So what's getting in the way?

- You feel like you're losing the person you love, and you don't know what to do about it.
- Your partner is right there, yet you feel invisible, misunderstood, and undervalued.
- You live one wrong move from abandonment. One disagreement and fight or flight takes over.
- You perform to keep love, or you shut down first so no one can hurt you.
- You secretly hate the way you or your partner reacts, and you can't seem to stop.
- On paper your life looks full. You still feel alone. So you turn it on yourself: *"What's wrong with me?"*

Being in a relationship didn't take the loneliness away. It brought it out.

The relationship becomes the mirror for beliefs that were already inside you: **I'm not good enough. I have to perform to be lovable. If I don't, I'll be abandoned.**

THE WOUND BENEATH

It's not being alone you're most afraid of. *It's being seen.*

Somewhere early in life you learned that love is conditional, and that being fully known is a risk. Because in your experience, being seen means being judged — and being judged only reinforces the belief that you're not good enough, or that you're doing it *wrong*.

So, you live half-hidden in every relationship you have. Loved, maybe. Seen, never. And feeling unseen by the people closest to you is the deepest loneliness there is.

Nothing is wrong with you. If you've tried everything and still end up in the same exhausting place, it isn't a failure of effort. You've been working on the wrong problem. It isn't your partner, and it isn't your communication. **It's a belief instilled in you from a very long time ago.**

THE REAL PROBLEM NOBODY'S NAMING

How limiting beliefs quietly ruin your relationships

It's not a communication problem, and it's not really an "attachment style." That's a label for surface behavior. Underneath it is a **disempowering limiting belief**, glued in place by old feelings, learned early in life, now running your relationships. It shows up with your partner, with your kids, at work, and with yourself.



1. Something small happens. Your partner makes a comment about how you are doing something.

2. The old belief reads it instantly: *I am not good enough.* An old feeling floods in, much bigger than the moment.

3. You react from the past instead of responding to the present.

4. Your partner reacts to *your* reaction. Distance grows, and the belief takes it as proof. The loop gets stronger every time it runs.

SAME WOUND · TWO COSTUMES

You people-please.

You become easy, agreeable, endlessly accommodating, giving until you're empty, hoping that if you're good enough, no one will find fault with you.

Or you shut down first.

You go quiet, go busy, go cold, pulling away before anyone gets close enough to judge you.

They look like opposite personalities. Underneath, both are saying the same thing: "If they see the real me, I'll be judged again — and it'll prove what I already believe about myself."

THE SILENT SABOTEURS

The 5 most common limiting beliefs between couples, and what they do to your relationship

As you read, notice which one makes your chest tighten a little. That's usually the one.

1 "I'm not good enough."

> *"Whatever I do, it's never enough."*

HOW IT SHOWS UP

Defensiveness at the smallest comment. Over-explaining. Hearing "you're doing it wrong" inside "you left a cup out." Keeping score.

WHAT IT DOES TO YOUR RELATIONSHIP

Every conversation turns into a trial of your worth. Your partner touches that wound with each comment or correction.

2 "I feel invisible. They don't care about how I feel."

> *"If they really loved me, they'd notice. They'd ask."*

HOW IT SHOWS UP

Swallowing your needs until you explode. Quietly testing whether they'll notice. Resentment that builds over time without words.

WHAT IT DOES TO YOUR RELATIONSHIP

You stop asking, and they stop guessing. You slide into roommate mode — in the same bed, worlds apart, and feeling completely alone.

3 "I have to perform to be lovable. If I don't, I'll be abandoned."

> *"They love the version of me that performs, not the person underneath."*

HOW IT SHOWS UP

People-pleasing. Saying yes when you mean no. Anxiety when your partner goes quiet. A constant need for reassurance that everything is okay.

WHAT IT DOES TO YOUR RELATIONSHIP

You give until you're empty, then resent it. Your partner doesn't see your boundaries or your needs, and keeps crossing them.

4 “If I lower my guard, I’ll get hurt again.”

> *“I’ve been here before. I’m not letting anyone that close again.”*

HOW IT SHOWS UP

Shutting down first. Going busy or cold. Keeping one foot out the door. Reading an old betrayal into a new partner’s words and actions.

WHAT IT DOES TO YOUR RELATIONSHIP

Closeness needs vulnerability. Your partner keeps hitting a wall, then pushes harder or gives up. Either way, your current partner ends up paying for a hurt they didn’t cause.

5 “What’s the point in trying? Conflict means we’re incompatible.”

> *“Nothing I say makes a difference, so why bother?”*

HOW IT SHOWS UP

Avoiding hard conversations. Saying “I’m fine” when you’re not. Resignation. Living parallel lives.

WHAT IT DOES TO YOUR RELATIONSHIP

The problems don’t go away. They go underground. Distance grows quietly until one of you leaves, emotionally or for real.

YOUR TURN

Which one feels the most like you?

Check every one that applies, then circle the one that hits hardest. If yours isn’t listed, write it in. You’ll use it in the exercise.

- [ ] I’m not good enough.
- [ ] I feel invisible. They don’t care about how I feel.
- [ ] I have to perform to be lovable.
- [ ] If I lower my guard, I’ll get hurt again.
- [ ] What’s the point in trying? Conflict means we’re incompatible.
- [ ] My partner needs to change for me to be happy.

My own: _____

Your partner didn’t create the belief.
They became the mirror.

Identify the Limiting Belief

You can't change a pattern you can't see. One question makes it visible:

> *"What is this upset making me believe about me, them, or love?"*

Under every upset is a fear about yourself, and under that fear is a feeling. When you name both, the belief stops working in the dark. It stops choosing your words, your silences, and your reactions for you.

Here's what it looks like

THE UPSET

I was telling my wife about my day and she picked up her phone in the middle of it.

THE FEAR ABOUT ME

"I don't matter. What I have to say isn't important. **I'm not good enough** to hold her attention."

THE FEELING

Hurt. Small. Invisible. A tightness in my chest, and the urge to go cold and walk away.

Notice the gap. The upset was a phone. The feeling was decades older. That gap is the limiting belief, and it's where the work happens.

A few tips before you start

- Pick a **recent, real** upset. A small one is perfect; you don't need the biggest fight of your life.
- Write the first answer that comes up, not the most reasonable one. The belief usually sounds childish or harsh. That's how you know it's old.
- Keep it about **you**. "They're selfish" is a judgment about them. Ask what it makes you believe about yourself.

Find the belief under the upset

Answer slowly. Print it and write by hand, or type right into this PDF.

1 **What is a current upset in your relationship?**

Describe only what happened, as if a camera recorded it.

2 **What is your fear about yourself because of this upset?**

What does it make you believe about you? "I'm not…", "I'll always…", "If I…, then…"

3 **This fear that you have: how does it make you feel?**

Shame, sadness, frustration, loneliness, feeling unsafe, anger? Where do you feel it in your body?

THE BELIEF I FOUND: _____

Go one layer deeper

Now take the belief you found and follow it. Stay with the *pattern* and what it *meant* to you. You don't need to relive any memory in detail.

My limiting belief: _____

1. **How does this belief show up in my life and my relationship?**

2. **Just like when? What event, or series of events, first taught me this belief?**

3. **What current or recent event seems to "prove" this belief about myself?**

4. **What is my fear because of this event?**

5. **This fear that I have: how does it make me feel?**

Next: take the feeling from question 5 into the Feeling Release Meditation on page 11.

Feelings are the super glue

Think back over all the days of your life. What stays with you the most? What do you remember most easily?

The memories that come back first are the ones with the most emotion attached to them. Feelings and thoughts are intertwined, especially when they come from powerful memories, past events, or childhood wounds.

Because of our natural negativity bias, painful experiences leave a deeper and longer-lasting impression than good ones. Those feelings can linger for years, held in the subconscious and in the body, shaping how we react today.

FOR EXAMPLE

If you've been cheated on, that pain can follow you into a new relationship. A late text or a guarded phone from a loving new partner can bring back the old feelings and thoughts as if it were happening all over again. The belief, *"if I lower my guard, I'll get hurt,"* stays stuck because the feeling underneath it was never released.

This is why you can understand your pattern perfectly and still repeat it.

Insight alone doesn't loosen a belief. Feeling it does. When you allow yourself to fully feel what's underneath, and let it go, the feeling loses its grip, and the belief loses its glue. **And when the belief lets go, so does the trigger that's been driving your reactivity.** You stop reacting from the old wound, and your relationship will reflect the new you.

"We cannot heal what we will not allow ourselves to feel."



YOUR DAILY PRACTICE · 12 MINUTES

The Feeling Release Meditation

Why focus on the feeling instead of the breath? Because we cannot heal what we will not allow ourselves to feel. Most of us have spent years outrunning our pain by living a life of distraction: staying busy, scrolling, shopping, playing video games, overeating, numbing out. But a feeling you push away doesn't disappear. It waits, and it keeps the old belief glued in place. The only way through the pain is to stop distracting yourself and finally let yourself feel it. That's why this meditation has one simple rule:

Instead of focusing on your breath, focus on what you are feeling.

How to do it

1. Find a quiet place for **twelve minutes a day**.
2. In your mind's eye, picture the upset from your exercise.
3. Focus on the feeling attached to it. Is it shame, sadness, frustration, loneliness, feeling unsafe, anger?
4. Stop ignoring it and stop suppressing it. **Invite it in.** Expand into it. Let yourself fully feel it.
5. Notice where it lives in your body. Let it breathe there. Give your feelings life.

A GENTLE WARNING

This is real work. When clients first start, some find the feelings so intense they can only stay with them for five minutes. That's fine. It gets easier. Build up to twelve.

WHY IT WORKS

This practice helps you release the feeling that holds a limiting belief in place. Over time, it also loosens the unhealthy patterns, reactions, and attachment habits that grew up around that belief.

If a feeling ever becomes overwhelming, stop, open your eyes, and ground yourself in the room. This is coaching, not therapy. Reach out to a licensed professional whenever you need more support.

A PERSONAL MESSAGE

I was reacting to a past my wife never caused.

For the longest time, even though I truly loved my wife and daughter, I didn't realize how much pain I was carrying. There were moments when I shut down. Moments when I pulled away. Moments when frustration came out sharper than I ever intended.

I grew up with an emotionally and verbally abusive father. He had lived a life of abandonment and abuse himself — and he projected all of that pain onto me. I carried it with me into every relationship I ever had.

I was reacting to things that happened long before I ever met my wife. And when those triggers took over, my reactivity ran the show — shaping the entire emotional tone of our home without me even realizing it.

> *"And then it hit me: my daughter wasn't learning about love from what I told her. She was learning it from what I modeled."*

That was the moment everything changed. I knew I couldn't pass these patterns on. So I did the work. I identified the belief driving it all — **"I'm not good enough"** — felt what was underneath it, and let it go. My marriage flourished. I've healed the limiting beliefs that drove my anxious/avoidant attachment style, and it changed my whole life, not just my relationships.

That's why I created Bringing It Home:
to help you do the same.

Kevin Boyle



The Elephant in the Room

"Your kids won't remember what you told them about love. They'll remember how you treated each other — and they'll repeat it, until someone breaks the pattern."

The work you do on yourself today is the greatest gift you'll ever give your children.

YOUR PATH BACK TO YOURSELF

The Follow It Home Healing Methodology™

You've just taken the first step in the Bringing It Home journey. Here's the whole map: five inner steps that make the belief visible, loosen its glue, and give you a new story to live from, whether or not your partner is ready to join you.

01

STEP ONE

YOU STARTED HERE

Identify the Limiting Belief

What is this upset making me believe about me, them, or love? Make the lens conscious.

How it heals: a belief you can see stops choosing your words, your silences, and your partners for you.

02

STEP TWO

Feel It, Then Follow It Home

Feelings are the super glue to the painful wounds of our past. Locate the feeling in your body and ask, "Just like when?"

How it heals: you find where the belief was first written, and the feeling holding it in place begins to release.

03

STEP THREE

Interrupt the Signal

The Swaying Hug, the Feeling Release Meditation, and 4/12 breathwork.

How it heals: you teach your body, "I am safe now," so you can respond instead of react.

04

STEP FOUR

Reparent the Wound

Your partner was never supposed to heal the younger you. The adult you are now takes that job back.

How it heals: the child is soothed, so the adult can thrive, and your partner gets to be your partner again.

05

STEP FIVE

Reframe the Experience, Rewrite the Story

New meaning, beginning with the hardest words to say: "I forgive myself." In time, forgiving others may follow if and when you decide you are ready.

How it heals: you stop living inside the old script, and write the one you actually want.

THE FOLLOW IT HOME HEALING METHODOLOGY™

You and you: the inner work.

THE BRINGING IT HOME CONNECTION METHOD™

You and them: how you show up together.

YOUR NEXT STEP · ONLY $27

From knowing it… to living it.

You've found the belief. You've felt what's underneath it. That alone changes how you see the next argument. But one insight on a page isn't a new pattern. Patterns change through **small shifts, practiced daily**, until responding instead of reacting is just who you are.

That's what the book and the 30 Day Reset are for. They walk you through the full Bringing It Home journey and help you live it, one 10–15 minute shift at a time, even if your partner isn't ready to join you yet. And when you're both ready, the Five Shifts show you how to bring this into your relationship, so you feel the change together.

FOUNDING MEMBER PRICE

EVERYTHING YOU GET FOR $27

- **FREEDOM From Your Attachment Style**, a 201-page book and workbook that walks you through the full Bringing It Home journey
- **Bonus #1: The 30-Day Relationship Reset.** Daily email lessons + MP3 audio, just 10–15 minutes a day
- **Bonus #2: 8 weeks of live group coaching** on Zoom, every Wednesday at 7 pm PT / 10 pm ET, with replays included

ONLY

$27

60-Day Money-Back Guarantee

Regular price ~~$127~~

👉 Yes, Kevin – I'm Ready to TRANSFORM My Relationship

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★★★★★

"Kevin helped me realize that my power wasn't in trying to change or fix my husband. It was in changing how I showed up for our relationship… He started meeting me halfway."

MICHELLE H.

★★★★★

"My wife and I were barely functional, like passing ships in the night… Kevin's program has been one of the best investments I've ever made in myself. I feel like I've got my wife and my life back."

THOMAS M.



MEET YOUR GUIDE

Kevin Boyle

AWARD-WINNING AUTHOR · INSIDE-OUT RELATIONSHIP TRANSFORMATION SPECIALIST · HAPPILY MARRIED · PROUD FATHER

Kevin is the author of *But Dad, I LOVE HIM!* and its companion workbook, *FREEDOM From Your Attachment Style*. He healed the "I'm not good enough" belief behind his anxious-avoidant attachment patterns and behaviors, stopped the triggers and reactivity it was creating in his relationship, saved his marriage, and found his way back home.

He's not someone who always got this right. He's a husband and father who got it wrong for a long time, and found the way back.

You Deserve to Feel Close Again

Transform your relationship into the loving, connected, and deeply fulfilling relationship you have always wanted.

That isn't a fantasy. It's what waits on the other side of this work. And it begins with one person: **you.**

Kevin Boyle

P.S. If one belief from this workbook made your chest tighten, that's your starting point. Don't let it go back into the dark. The book and the 30 Day Reset walk you through the full Bringing It Home journey for just $27. Start at fiveheartshifts.com →

The Follow It Home Healing Methodology™, the Five Shifts, the 30-Day Relationship Reset, and this workbook are attachment coaching and educational inner work. They are not therapy and not a replacement for it, and they are not treatment for PTSD or clinical trauma. Kevin Boyle is not a licensed clinician. If you are in an unsafe or abusive relationship, or struggling with your mental health, please reach out to a licensed professional or local crisis support. © 2026 Kevin Boyle · fiveheartshifts.com