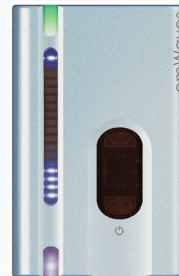




The emWave® Approach to Creating Relationships that Work

- improve your communication
- deepen your connection and friendship
- feel more love for yourself and your partner





A Guide for Couples

Welcome to an easy, practical approach to utilizing a promising technology, that provides you and your partner with valuable tools you need to create a relationship that works. This booklet contains the necessary information to begin using the award-winning emWave2® handheld in your relationship. The emWave Approach will enable you to (1) learn how to use the emWave2 device, (2) acquire the basic skills to teach physiological coherence (a physiological state associated with a sine wave-like pattern in the heart rhythms, and increased heart rate variability), and (3) reduce the emotional stress that interferes with effective communication and problem-solving.

The emWave Approach

The emWave Approach to Creating Relationships That Work provides the knowledge to effectively learn to (1) self-soothe by learning to detect when you are stressed, and to calm yourself, (2) value the power of your emotions, and (3) create positive feelings and positive affective interactions. The emWave Approach can help you and your partner create new mental and emotional rhythms to reduce the stress that accumulates during the day that you bring into your relationship. It addresses the over-arousal that many couples display when they get into conflict with each other. The emWave Approach emphasizes the importance of emotions and their effects on the heart. It encourages couples to listen to their feelings and to shift into a neutral or positive feeling as soon as possible in order to facilitate communication and connection.

The emWave Approach facilitates a mind- body state that is akin to being “in the zone” or “peak performance” state. In this way it is different from meditation and relaxation training which are associated with primarily an inactive state of calmness and quiet of going within. The emWave Approach utilizes emWave2 technology and “physiological coherence” to encourage an active participatory, calm, focused, and connected state of being.

The emWave2 technology and the scientifically validated techniques that you will be able to use have been developed by HeartMath, a respected company in improving relationships, health and performance, while reducing stress, and Drs. John and Julie Gottman, leaders in relationship research and the creators of the highly effective Gottman Method for couples. A combination of the emWave2 technology, HeartMath techniques, and Gottman couple exercises will help improve your communication and problem solving skills, deepen your connection and friendship with each other, while also helping you to feel more heartfelt with yourself and about your partner. It can be a useful tool for down- regulating both anger and anxiety.



The research on the stress response and its effects on the human body and performance suggest that as the stress response intensifies, the body may enter into the fight or flight mode with eventual reduction in performance. Dr. John Gottman's research into DPA (diffused physiological arousal) with couples in conflict, suggests significant changes in the body and brain that inhibited the couples' ability to listen, take in new information and change old thinking, responding and behaving patterns. Over-arousal supports attack, defend, and withdraw reactions when couples hold different positions that lead to conflict. Repeated failure to communicate effectively about important issues in the relationship, coupled with active or passive hostility, leads to disconnection and a negative view of the partner and the relationship. Continual negative feelings and beliefs undermine the health, happiness and stability of the couple and opens the door to verbal, emotional and physical abuse. In such an environment, affairs and divorce are likely.

The ability to calm down when in DPA is absolutely critical for couples. Healthy, happy and stable relationships are created in a field of positive emotions and interactions. The leading research in marriage and relationship supports this important reality in couple interactions. The Institute of HeartMath's, nineteen years of thorough research into the power of positive emotions not only supports the work of Dr. John Gottman, Dr. Sue Johnson, Dr. Harville Hendrix and other leading researchers in this field, it delivers to you and your partner a promising technology for achieving inner calm and positive affect.

The emWave Approach to Relationships That Work can help you and your partner manage your destructive psychophysiological over-arousal during times of conflict, use your negative emotions as information, shift from a negative emotional state to a positive one and open your hearts and minds to each other. When integrated within your relationship, the emWave Approach can assist you and your partner in achieving a more loving, appreciative, compassionate and fun relationship.

Using Your emWave2 Technology

The emWave Approach to Relationships That Work will guide you quickly through what you need to know to begin using this technology in your relationship. The emWave2 handheld gives real-time feedback on the coherence or incoherence of the heart rhythm pattern which is the body's master rhythm. The emWave2 portable handheld is an HRV heart rhythm monitor capable of recording up to eighteen hours of downloadable data.

In *The emWave Approach to Relationship That Work* you are going to learn how to use HeartMath techniques along with the emWave2 technology to improve the quality and coherence of your heart rhythm. Improving heart coherence reduces stress and resets your physiology for better communication and problem solving. As the heart rhythms become



more coherent (smooth and ordered), the brain and nervous system synchronize to the heart's coherent rhythm, and this can help release the emotional stress, which often results in DPA.

The emWave2 monitor can help calm your mind and emotions, and help you deal more effectively with achieving your relationship goals.

The emWave Approach Basic Four Step Program

You may find that the following steps in the Basic Four Step Program are all you will need to begin integrating the emWave2 technology into your relationship.

Step 1 – Learning to Operate the emWave2 Technology

Quick Start Guide: After removing the contents from the box, follow steps 1, 2 & 3 of the *Quick Start Guide*

Next review and follow the *8 easy steps to using your emWave2 monitor on the go* which will show you how to operate the emWave2 monitor in its most basic mode. However, in order to really understand how it works, the various features it offers, and the science behind it, you will need to review the enclosed written material and CD. You may also watch the online training videos at <http://www.heartmath.com/personal-use/emwave-training-videos.html> and listen to the free telephone training every Tuesday at noon PT. The phone number and pin code is on the box that your emWave2 monitor came in.

Using the *Quick Start Guide*, experiment with the emWave2 monitor and get comfortable using it by itself and with the emWave2 computer software. Become familiar with adjusting the brightness and sound levels and using both the ear sensor and the thumb sensor.

Step 2 – Learn the Quick Coherence® Technique

The first technique you will learn with the emWave2 monitor is the Quick Coherence Technique. You can learn this simple and highly effective technique in three ways:

1. Read about it in the *Quick Start Guide*.
2. Within the emWave2 computer software, click on the air balloon icon at the top middle of the main screen and then click on the Coherence Coach®.
3. Going to the emWave Library and clicking on the “open book icon” at the top left corner of the main screen in the emWave2 computer software and then clicking on, *What is Coherence and Quick Coherence Tutorial*.



Step 3 – Practice the Quick Coherence technique while using the emWave2 Technology

Once you have learned the technique, you are ready to use it along with the emWave2 monitor. The goal in using the Quick Coherence technique with the emWave2 monitor is to get the light at the top of the emWave2 monitor to turn from red (low coherence) which is normal, to blue (medium coherence) which is much improved, to green (high coherence) which is the optimal state. The emWave2 computer software has a heart rhythm pattern and three coherence bars instead of lights with percent time in red, blue and green.

Turn on the emWave2 monitor and make sure you are in Challenge Level 1

Heart Focus and Heart breathing: Focus your attention in the area of your heart and then breathe deeply. Breathe silently in and slowly out. Synchronize your breathing, either with the moving blue lights on the emWave2 monitor, or with the moving ball on the Coherence Coach in the emWave2 computer software. Inhale as the lights or ball rise and exhale as they fall.

Heart Feeling: Once you have found a smooth easy breathing rhythm, attempt to feel a positive emotion, like appreciation for the good things in your life, or the love and care you feel for someone (child, spouse, pet) or something (a beautiful sunset, a fun vacation, a hobby etc.).

Watch the top light on the emWave2 monitor change from red to blue to green, or watch the heart rhythm pattern on the emWave2 computer software in the top part of the screen and the three coherence bars in the lower right hand corner of the screen. Sustain blue or green for as long as you can. Make it a gentle process and feel the appreciation.

If you do the technique with your eyes closed, which can be helpful when you are first learning, you will be able to tell when you have shifted into medium or high coherence through listening to the change in the tones.

Step 4 – Using the emWave Approach within your relationship

You are now ready to use the emWave Approach in your relationship. The following four exercises help to integrate your emWave2 monitor and the Quick Coherence skills into interactions between you and your partner.

Exercise -1- Using your emWave2 monitor to facilitate effective communication

This exercise integrates the emWave2 monitor with the active listening model from the Gottman-Rapport blueprint.



In this communication exercise you and your partner have an opportunity to use the skills of self-calming while engaged in a discussion about one of your areas of disagreement. The purpose of this activity is to effectively communicate each of your positions about a topic that you each perceive differently, while experiencing being heard and understood, and while you stay calm.

For this exercise select a mildly charged topic about which you and your partner disagree. At this time, do not choose one of your core areas of conflict. The purpose of this exercise is to learn to keep your physiological arousal at a low level that allows each of you to hear and be heard.

Once a mildly charged topic has been selected, attach the ear clips to each of you and turn the sound off on the emWave2 monitor. Begin by practicing the Quick Coherence technique and focusing on the positive feeling that you have when you imagine yourself being heard and understood by your partner. This communication exercise is an effective way of connecting with your partner and keeping your hearts open.

Next take turns being both the Speaker and the Listener. Your goal when you are the Speaker is to present what you have to say in a way that the Listener can receive it. The use of “I” statements, your feelings, a description of what happened from your point of view, and asking for what you want, are to be used during the exercise. Your goal when you are the Listener, is to stay calm, open and receptive to the information that your partner is giving and regulate your breathing to produce a blue or green light on your emWave2 monitor.

The following additional four steps are important when listening: (1) listen closely to the words, needs, and perspective being said, (2) listen to the feelings that are behind the words and name them, (3) validate the Speaker by saying, “It makes sense to me that you would feel this way and have these needs, because...” and (4) It is OK to ask questions The Listener periodically can express understanding of the speaker’s position by nodding.

Your emWave2 monitors are positioned so that you and your partner can view them and use their feedback to stay calm, open and receptive.

Allow about 10 to 15 minutes for each of you to be both the Speaker and the Listener.

Use this communication skill whenever you and your partner need/or want to discuss an area of your relationship where there is disagreement. Remember to take a short break (at least 20 minutes) should either of you become highly stressed and upset. Use your emWave2 monitor to sooth yourself with the Quick Coherence technique, then return to the discussion with your partner or reschedule as soon as possible.



Exercise -2- Using your emWave2 monitor to help debrief a stressful day

Research conducted by Dr. Neil Jacobson and followed up by Dr. John Gottman, on the benefits of the “Stress Reducing Conversation”, clearly suggest that couples who are able to debrief the stresses that they encounter outside their relationship with each other, have a more successful relationship.

The following exercise is based on the work of Dr. John Gottman with the addition of the emWave2 Technology.

Set aside a specific time each day for you and your partner to share with each other how your day went. This is a time to keep your partner up to date on your life away from them and also to whine and complain about the stresses that you have. It is not a time to whine and complain about any stresses you might have about your partner. It is an effective way of keeping the stresses occurring outside your relationship from contaminating your relationship. Your partner has an opportunity to become a source of comfort and relief, a safe port in the stormy sea of life, for you and you for them.

Choose a time each day where you have about 30 to 40 minutes (15 to 20 minutes each), where you can talk to each other. Begin by turning on your emWave2 monitor and attaching the ear clips. Practice the Quick Coherence Technique until you have achieved coherence. Decide who will be the speaker and who will be the listener. As the Speaker begin by talking about your day and anything that was difficult and stressful for you. You are allowed to complain, whine and verbally express what may be bothering you. Remember that this is about your day and not about your partner. As the Listener, you are attempting to keep the display on your emWave2 monitor, blue or green, while listening to your partner. Listen with understanding and compassion. This is not about you. Phrases like, “that is unfair”, or “I can see why you are so upset” will convey empathy and your support for your partner.

After 15 to 20 minutes, switch roles.

After both of you have had your turn, practice the Quick Coherence Technique with your emWave2 units and then express appreciation to each other for listening and being a loving friend and partner.

Exercise -3- Using the emWave2 monitors to help express appreciation to your partner

HeartMath’s extensive research on positive emotions and their beneficial effects initially focused on the feeling of appreciation. Appreciation creates coherence. The following exercise is based on the Gottman couple appreciation model.



The expressed feeling of appreciation in a relationship can help move partners to deeper levels of connection and love. Appreciation usually begets more appreciation.

This exercise has you and your partner setting a time for each of you to express heart felt appreciation to and for one another. Set aside about 20 minutes when you can be together. Attach yourselves to your emWave2 monitor and practice the Quick Coherence Technique. Attempt to maintain coherence while you each take turns expressing something that you appreciate about each other. If you can, go into some detail about what generates the appreciative feeling. Allow yourself to fully take in the gift that your partner is giving you.

It is recommended that you do this exercise at least once a week or as often as you can.

Exercise -4- Using your emWave2 monitors to work with negative feelings

Negative, distressing emotions are valuable for the information they contain about what is taking place in our lives. Negative emotions give information about what is not wanted and can be used to know where to place our focus and energy. Going from what we do not want, to what we want is an important step in creating success in our life and relationships. Negative emotions are highly effective in getting our attention, and can be destructive when they are acted out or repressed. Once we receive the information, it is important to calm ourselves and release the negative emotions. Directing our attention to what we want and empowering this with a positive feeling not only feels better, it supports getting what we want and need.

When your buttons have been pushed by something that your partner has said or done, and you or both of you, are experiencing negative, distressing emotions, instead of acting them out or repressing them, listen for the message that they have for you. Listening for the message is not always as easy as it sounds and this is where your emWave2 monitor can be of beneficial assistance.

Begin by connecting yourself to your emWave2 monitor and following the breath pacer while you stay aware of your negative, distressful feelings. As you stay with your feelings, ask yourself if there is any information or message attached to the feelings. Remember that painful feelings are good at getting your attention for a reason. By continuing to be with your feelings in this way, you can connect with the information that is attached to the feelings.

Once you have received your information, you can disconnect from your negative feelings by replacing them with positive feelings. In this way you can process the message from a different emotional state than it was received. Practice the Quick Coherence technique until you have achieved coherence and feel calm. Ask yourself what is the best way to deal with the information that was attached to the negative, distressful feelings you were experiencing. Continue to stay in coherence while you are open and receptive to your inner guidance surrounding this issue. If you do not immediately receive any insights, relax with the belief that you will.



Summary of the emWave Approach to Better Relationships Easy Plan

This booklet provides you with simple, easy to implement, cost effective HRV biofeedback instrument and protocols for teaching you and your partner to move from the over-arousal of the stress response to the inner peace, clarity and openness of self calming. You and your partner will learn to effectively manage your physiological and emotional reactions when you are in conflict and learn to connect to your hearts and each other.

Basic Four Step Program

1. Learn how to operate your emWave2 monitor. Read the Quick Start Guide, watch the online training videos or telephone training program to become familiar with the devices.
2. Learn the Quick Coherence technique and practice it with the emWave2 monitor. Study the steps found in the Quick Start Guide, the emWave Library and use the Coherence Coach to master this simple technique.
3. Practice the Quick Coherence technique while using your emWave2 monitor until you can get the light at the top on the emWave2 monitor to turn green and the green coherence bar graph on the emWave2 computer program to increase, indicating you are in high coherence.
4. Integrate the emWave Approach into your relationship by doing the four couple exercises:

Exercise -1- Using your emWave2 monitors to facilitate effective communication.

Exercise -2- Using your emWave2 monitors to debrief a stressful day.

Exercise -3- Using your emWave2 monitors to help express appreciation to you partner.

Exercise -4- Using your emWave2 monitors to work with negative emotions.



What couples say about using their emWave2 monitors.

“Before learning to use the emWave Approach in our marriage, we just couldn’t talk about anything that was upsetting”

“We had so many things on the shelf, now we can talk without exploding. Our thanks to the emWave Approach”

“My wife and I learned how to take a break after getting upset with each other and cool off. Breathing and the emWave Approach did it”

“We have read so many self help books on relationship and what we should do to make our marriage work. The emWave Approach to Creating Relationships That Work gave us the missing tool we needed”

**For additional information and purchasing of the emWave2 monitor,
please go to www.gottman.com.**

Ray Varlinsky is a licensed California Marriage and Family Therapist with over 14 years experience working with couples and individuals in his private practice. Ray is a certified Gottman Method Therapist and Gottman Couples ASL Workshop Leader and a frequent presenter at the Annual Gottman Conferences. He is BCIA biofeedback and neurofeedback certified with 28 years of experience using biofeedback in medical institutions. Ray has taught for 26 year in the psychology department at Butte College. He has been using HeartMath’s technologies and HRV instruments in his private practice, workshops and conferences for the last 12 years. He has facilitated the emWave technologies into the Gottman Institute and recently successfully introduced the emWave into the Boystown and Girlstown orphanages in South Korea. Ray has developed the emWave Approach to Better Relationships and continues his work with couples in his private practice and teaching and presenting at workshops and conferences.

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