THE DEEPER BY DESIGN PODCAST

REHEARSE

PRACTICE GUIDE

PRACTICING WHAT HEALS

> **“Insight opens the door. Practice walks through it.”**
>
> — Dr. Trevor Hislop

THE FIFTH MOVEMENT OF THE RENOVI FLOW

Rehearse is the intentional practice of healthier ways of thinking, feeling, responding, and connecting—so a new response becomes more available when you need it.

This guide helps you choose one old protective pattern, design one healthier connection move, and practice it in real life. You do not have to do it perfectly. You do have to begin.

THE RENOVI FLOW

REVEAL • REMEMBER • REFRAME

REPAIR • REHEARSE • RENEW

A companion to Episode 14: Rehearse — Turning Insight Into Lasting Change

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01 RECOGNIZE THE OLD PATTERN

Before we practice something new, we need to notice what we are already repeating.

1 Name one protective move

Focus on one recurring response—not everything you want to change.

When I feel stressed, criticized, rejected, or overwhelmed, I tend to…

2 Map the protection cycle

Situation → Trigger → Instant story → Emotion → Protective move → Short-term relief.

Situation or cue: What usually happens right before my reaction?

Instant story: What do I tell myself this moment means?

Emotional or body response: What do I notice?

Short-term relief: What does my protective move help me avoid or manage?

A protective response may have helped you cope in the past—and still be creating problems in the present. Understanding it creates choice, not an excuse.

02 CHOOSE THE CONNECTION MOVE

Rehearse is not just about stopping an old behavior. It is about practicing a healthier replacement.

3 Name the value

What matters most in how you want to show up—patience, honesty, courage, compassion, respect, connection?

In this relationship or situation, I want to live from the value of…

4 Make the new response specific

Choose a behavior you could actually do, even when the moment feels uncomfortable.

Instead of my usual protective move, I want to practice…

WRITE YOUR WHEN–THEN PLAN

When I notice _____,

I will practice _____ instead.

EXAMPLE

When I notice myself becoming defensive, I will pause, take one breath, and ask a curious question before explaining my perspective.

The goal is not to erase every uncomfortable feeling. It is to choose an action that reflects your values—even when the feeling is still there.

03 PRACTICE BEFORE YOU NEED IT

Like music, sports, or public speaking, relational skills become more available through repeated rehearsal.

5 Mental rehearsal

Picture a familiar low-stress situation. Notice the cue, your instant story, and the connection move you want to make.

I can picture this situation and practice these words or actions:

6 Practice in real life

Start small. Practice in manageable moments before expecting yourself to use the skill in high-stress conversations.

One specific opportunity to practice this week:

WHEN IT FEELS UNCOMFORTABLE

Some discomfort may mean the response is unfamiliar—not that it is wrong. Use distress-tolerance skills to stay within a manageable range: pause, breathe, ground yourself, or take a healthy break and return.

When I notice discomfort, one safe regulation skill I can use is:

Distress tolerance is not enduring abuse, coercion, or unsafe conditions. In overwhelming situations or trauma-related reactions, seek appropriate support and prioritize safety.

04 BUILD A RELATIONAL ANCHOR

Rehearsal is not only for conflict. Practice small ways of strengthening connection when things are going well.

The Relational Funnel reminds us that connection can grow through physical, experiential, intellectual, emotional, spiritual, and aspirational dimensions. Choose a rhythm appropriate to your relationship.

7 Choose one small rhythm

Examples: a five-minute check-in, a walk and conversation, or intentional words of appreciation.

My relational anchor for this week will be:

I will connect it to this existing routine or time:

How will I make it easier to remember and repeat?

A SIMPLE 7-DAY PRACTICE LOG

DAY	DID I PRACTICE?	WHAT DID I NOTICE?
MON	☐	
TUE	☐	
WED	☐	
THU	☐	
FRI	☐	
SAT	☐	
SUN	☐	

05 REFLECT AND REHEARSE AGAIN

Progress often means noticing sooner, recovering faster, repairing harm, and returning to practice.

What did I practice well this week? Include even small wins.

What was difficult or uncomfortable? What did I learn?

Did my response affect someone else? Is repair or accountability needed?

What will I keep practicing next week? What small adjustment will help?

> **“If you are ever going to become good at something, you may have to be willing to be bad at it first.”**
>
> Consistency is not getting it right every time. It is being willing to return to what matters.

ONE PROTECTIVE MOVE • ONE CONNECTION MOVE • ONE SMALL PRACTICE

Keep going deeper by design.