

## MaxWellness Weekly Meet Up

*A structured, emotionally safe check-in for couples, families, and working relationships.*

### Time

30–45 minutes total

Each person has 15–20 minutes, plus a short opening and closing.

### Frequency

Weekly, same day and time if possible. Consistency creates safety.

### Non-Negotiables

- You meet under The Umbrella. Remember its boundaries and intentions.
- You do not speak from the bottom of the Ladder.
- You speak from your experience, not accusation.
- If either person drops into Fear/Force, you pause, quickly regulate, and return.

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### Before You Start

#### 1) Choose the container

Neutral space, phones away, set a timer.

#### 2) Step under the Umbrella (20 seconds)

Say together:

“We’re here for conscious communication.

We choose respect, curiosity, and self Response-ABILITY.”

#### 3) Ladder check (10 seconds each)

Each person answers:

“Right now I’m closer to Fear or Love (Power or Force).”

If Fear/Force: “I need one minute to settle.”

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### Opening Connection Practice (choose one, 30–90 seconds)

#### Couples

- One shared breath, hand on heart or gentle touch
- 20 seconds of soft eye contact

#### Family/Friends

- Sit side by side
- One question: “*What was one good thing this week?*”

## Colleagues / Leaders

- Name intention: “*Clarity, respect, collaboration.*”
- One appreciation before content

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## The Structure

Round 1 — Person A (15–20 minutes)

Person B listens with curiosity and manages their own reactions.

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### 1) One Positive (1–2 minutes)

Person A names at least one specific positive:

“One thing I appreciated about you this week was...”

“One effort I noticed you make was...”

“One thing I value about our relationship is...”

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### 2) Something I’m Struggling With (6–10 minutes)

This is shared from ownership, not blame.

**Person A uses this framing:**

“Something I’m struggling with in our relationship is...”

“The impact on me is...”

“The story my Fear tells is...”

“What would support me is...”

**Key MaxWellness principle (spoken or understood):**

If I have a problem, I have a problem.

I am responsible for naming and owning it.

This does not remove care or responsibility from Person B.

It simply replaces blame with clarity.

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### 3) Active Listening & Understanding (3–5 minutes)

Person B may now engage — not to defend, but to understand.

**Helpful responses:** “Help me understand that better.”

“What part of this feels hardest for you?”

“Is there something you need from me right now?”

Person B may notice things they need to look at themselves — this is done without self-judgement.

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#### 4) Collaborative Problem Solving (2–4 minutes)

This is where shared responsibility lives.

Person B may ask:

“If I am contributing to this, how could I support you?”

“Is there something I could adjust or try differently?”

Support is a choice, not a demand.

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#### 5) One Clear Request or Agreement (1–2 minutes)

Keep it simple. One thing only.

“Would you be willing to...”

“How do you feel about...”

“This week I’ll practice...”

“This week I’m asking you to practice...”

Then switch roles.

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#### Shadow First Aid™ (Simple & Rememberable)

**If (on rare occasion) regulation becomes too hard with the other person present:**

*“I’m struggling to be fully available right now but can we return at (time) to continue this please?”*

Make it clear this is not going to be days away. You are simply intending to let go of fear and reconnect without judgement, anger, or whatever way fear/force is showing up for you.

**NOTE:** Remember that your inability to regulate in the moment belongs to your own shadow, and it is your responsibility to manage it. This is never to be used to control, manipulate or avoid. It is a genuine, self-respectful brief time out to process what’s going on for you. If your intention is genuinely to practice, connect, and grow, it will typically take minutes to return to your true power (Love), not hours or days.

**Shadow First Aid is used the moment Fear shows up.**

**Signs a Shadow is active**

- defensiveness
- withdrawal or silence
- urgency or pressure
- sarcasm or blaming

**Step 1 — Name it**

“A Shadow just came up for me.”

**Step 2 — Soften the body**

Drop shoulders. Slow breath. Hand on heart.

**Step 3 — Pause the conversation**

“I need one minute so I don’t speak from Fear.”

**Step 4 — Return intentionally** “I’m back, ready to continue from Love/True Power.”

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**Closing Connection (1–2 minutes)**

End in Love, even if not everything is resolved.

“One thing I respect about you is...”

“One thing I’m taking from this is...”

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**Weekly Follow-Up Question**

**At the next meet up:**

“Did we honor what we agreed, with honesty and kindness?”

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**MaxWellness Reminder**

This is not about fixing each other.

It’s a weekly practice of returning to Love — inside yourself and together.